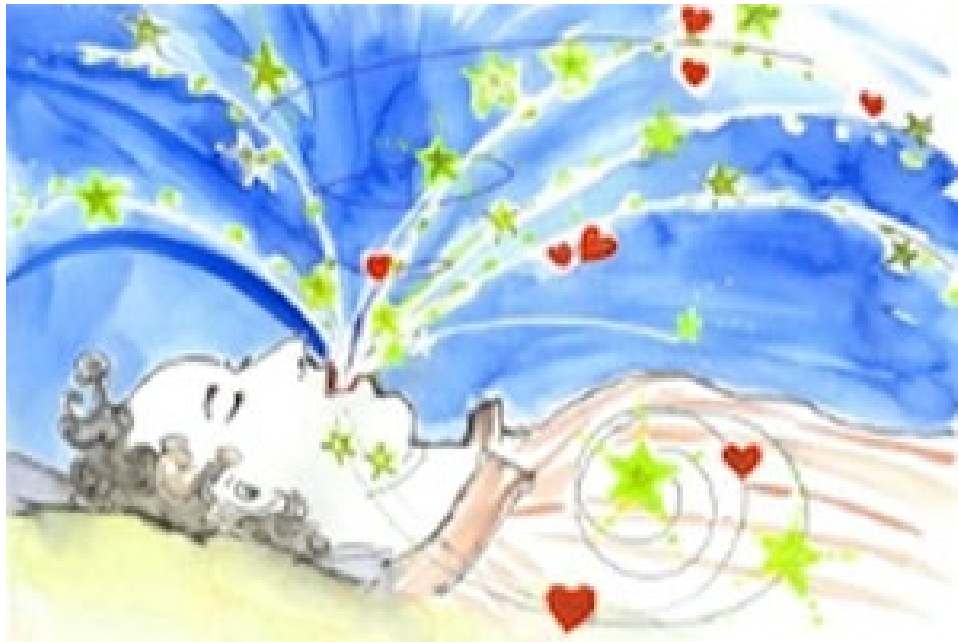


OWNER's MANUAL

-Handbook to Own Your Self-

All there is to know about
Natural Breathing and Creative Questions



How to Conquer the 6 CHALLENGES
to CHANGE
and Take the Struggle out of Your Life!

Arne Rantzén
Published by Natural Breathing

This Owner's Manual walks you through, exactly how to harness Breathwork and Conscious Creation, to smoothly navigate the Challenges that must be overcome on your Healing-journey to real change and transformation.

This Owner's Manual is a must for every Breath Coach, Trainer, student, and client, because it maps out exactly what you will encounter on your healing journey and how to deal with it, leaving you prepared to easily and consciously succeed.

Check out these websites for more information:

<http://ARNERANTZEN.com>

<http://NaturalBreathing.com>

<http://CreativeQuestions.com>

Email: Arne@NaturalBreathing.com

Workbook Price US \$49.

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Your Owner's Manual is here to help you live to your full potential, but it is not the author's or the publisher's intention that you substitute professional advice, your own common sense or make decisions solely based on the interpretation of this Owner's Manual.

Please use the contents of this Owner's Manual in appropriate ways, according to your compassion to help yourself and others, and with awareness of the Law of Karma.

I Dedicate this Owner's Manual to You,

for you to successfully proceed on your Healing-journey
to more health, wealth, happiness, and consciousness,
with ease and efficiency.

The Owner's Manual will take you through the journey of first "Releasing Your Limiting Self", so you can be open to "Master Your Creative Self" and "Wake Up to Your Real Self".

You will learn how the Universal Truths govern your life and how you can harness them to show up as your fulfilling and meaningful life.

After conquering your challenges and mastering your mind, you will learn how to ask for and manifest what you consciously choose.

YOU WILL HAVE TO CHANGE:

- ◆ When you no longer want to live the way you have been
- ◆ When you want to be free of a particular issue
- ◆ When you want to accomplish a new goal
- ◆ When you want to evolve and expand
- ◆ When you want to wake up.

COMMITTING to CHANGE is CHALLENGING YOUR CURRENT REALITY.

The CHALLENGES are RESISTANCE to CHANGE.

I have documented the usual and dominant ways your ego or Habitual Self is resisting, interrupting, deflecting, diverting, evading, sabotaging, avoiding, escaping, and blocking change, so today you can be prepared to deal with these challenges when they show up, and successfully end up with your deepest desires.

Your Owner's Manual will walk you through the steps, or more accurately, it will outline the conflicting facts and experiences you will encounter on your Healing-journey, so you can re-evaluate their assumed facts, and be prepared to uproot them and truly get to Own Your Self and Your Life.

No matter what knowledge you have acquired and which techniques you have tried to use to change, CHANGE will CHALLENGE them all, in the same way.

This is why we try one method after another, or apply the same strategy that will keep us busy "getting there", or if we think we have arrived there, we still have many "have to dos" and "shouldn'ts" to keep us there.

These challenges usually show up in a certain order. For simplicity, your Owner's Manual will address these obstacles in their usual progression, but occasionally they may show up in a different order, so pay attention to the particular progression of your personal journey.

My Life Challenges

Your Owner's Manual will help you navigate your Challenges to Change.
Record them here, so you have a clear map of what your unique Healing-journey looks like.

What Own Your Self means to me: _____

What I want to change, improve, transform and manifest is: _____

My Premise (page 1) _____

What I can Expect and need to Accept on my Healing-journey is (page 16): _____

My Life-Issue (page 22): _____
My Life-Lesson (page 24): _____

My continuously re-occurring, inhibiting and disliked story (page 58): _____

My Personal Doubt (page 76) _____

My Personal Quest (page 77) _____

My Goal (page 81) _____

My Purpose (page 84): _____

The main way I Act Out my Life (page 89): _____

My Success Tolerance (page 93): _____

The Breathing Basic that I need to pay special attention to, to experience more success (page 129): _____

The Awareness I need to pick up next (page 144): _____

The emotion I am most familiar with (page 147): _____

The emotion I need to favor more (page 147): _____

The main unsupportive habit I got growing up (page 164): _____

The main supportive habit I got growing up (page 164): _____

The main way I act out the Habit of Avoidance (page 165): _____

The way I get Natural Attention (page 181): _____

What I can do to improve my level of Self-esteem (page 187): _____

A way I choose to experience my Life-urge (page 209): _____

Someone / something I am complaining about that I want to complete with (page 216): _____

The way I want to relate to Source (page 218):: _____

My biggest Contribution (page 223): _____

Looking over these responses, I detect that the main topic I am dealing with and healing in this life time is: _____

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The Premise

Your first and most important Challenge is to set the PREMISE understanding of where your healthy, fulfilling life and your luxuries come from.

Do you believe that you are naturally nurtured and provided for, so you can relax in to an easy abundant life, or do you believe that you are created defective and have to muster up some power of your own, so you can correct and overcome your problems and accomplish your goals?

Are you fundamentally infused with a self-sustaining, nourishing, and flourishing Life-force or are you created faulty and lacking, so that your job is to try to overcome and correct your dilemma?

This is important because it will DEFINE YOUR STRATEGY to have what you want. You will either be busy trying to make it happen, or you will surrender to your inherent health, wealth, and happiness.

The Correcting vs Surrendering Approach

If you are basing your ability to live a healthy fulfilling life on that you are born a powerless victim of a life that is here to bother you with burdensome circumstances, then your only chance to win is to hope that someone or something, that is more powerful than life, will come along and rescue you from your predicament.

You will also find yourself searching for the cure and solution to counteract your issues. You will try external CORRECTION and IMPROVEMENT METHODS, but, over and over, you find that your issue is still there.

On the other hand, if you are basing your approach on that you are made of, raised and supported by Life-force, including having an inherent impulse to make you flourish, as proven by the many times you have been healed, your troubles soothed and your problems miraculously solved, then you can relax and let yourself be spontaneously and effortlessly nurtured.

Realizing the power of your Life-force, wakes you to regard all issues as actually being gifts. They are here to wake you up from the unawareness of mis-thinking and limiting habits, so you can stop interfering with your Life-force's natural impulse to flourish.

Natural Breathing is based on refraining from your correcting methods, surrender to your unlimited support and re-connect with your self-arising incessant Life-force.

EXERCISE

My modus operandum Premise

The ways I act as a powerless victim _____

The ways I am naturally empowered _____

Notice what Premise you base your life on.

The Experience Test

Throughout this Owner's Manual I'll describe what you can expect to experience as you progress on your Healing-journey, and how to deal with your new you.

When you decide to expand your well-being, your current beliefs and habits are threatened. Then, they hold on to what is familiar and sabotage your process by disliking and mistrusting your new experience, as well as doubting the accuracy of your progress.

To be able to correctly distinguish if your increased or new experience is a good or bad thing, you are best off being prepared with a trustworthy *Evaluation System*.

Trust, faith, beliefs, and good wishes can be helpful, but that will not be enough to stand up to a mind afraid of and resisting change. To be able to totally surrender, you'll need a fail-safe Experience Test. Here is the only one that I have found.

All experiences are Life-force, in action.

Life-force expresses itself through experiences, so the way you know that you are alive is by having experiences. The more you experience, the more alive you are.

When you *know* that *all* your experiences are expressions of Life-force, and that they are the proof that you are alive and safe, you'll welcome them. If you try to reject them, you'll just inflict unnecessary pain and suffering on yourself.

But, old mis-learning and Incomplete Experiences will habitually react, as they always do. They interpret that an intensified or new experience is not a good thing and needs to be stopped.

Since, you can't get rid of your Life-force or ability to experience, it will be much easier if you just accept that fact. Trying to ignore the fact that you have all kinds of enlivening experiences, is futile, because, whether you like them or not, you still have them.

It is in-accurate and a mistake to evaluate an experience as good or bad, and acceptable or non-acceptable, because all experiences are Life-force in action. Any dislike is a thinking belief and not an actual experience.

The more experiences you have (even if you think you don't like them), the more alive you are. If you have an intensified experience, you must be *very alive*.

What you *LABEL* an experience, define how you deal with it.

Many experiences have been mis-judged as limiting you, when, in fact they have been enlivening you and other experiences have been deemed pleasant, when in fact they are just numbing you out.

- ◆ If you have a dis-liked memory connected with an experience, you will call it a negative experience, and try to avoid it.
- ◆ If you have a liked memory connected with an experience, you will call it a positive experience and try to re-create it.

Some experiences are mis-understood. Not liking an experience comes from a mis-interpretation, that you have picked up from people you have come in contact with, media provocations your mis-learning and your own stored Incomplete Experiences.

How do you know if something is really true?

There is a lot of information out there. Some true and real and some not. So, the criteria that I and that this Owner's Manual use to evaluate, whether to accept a proposition as true or not are:

- ◆ Truth is what is actually going on in your every-day real life. Third-party research, opinions, assumptions, and concepts are not a real-life experience for you, so that cannot inspire you to surrender to it fully.
- ◆ Truth has to be reasonable, logically understandable and your own experience. Statements like, "believe me", or "it's too complex to explain", or "it's recommended by well-known people", will not earn your trust.

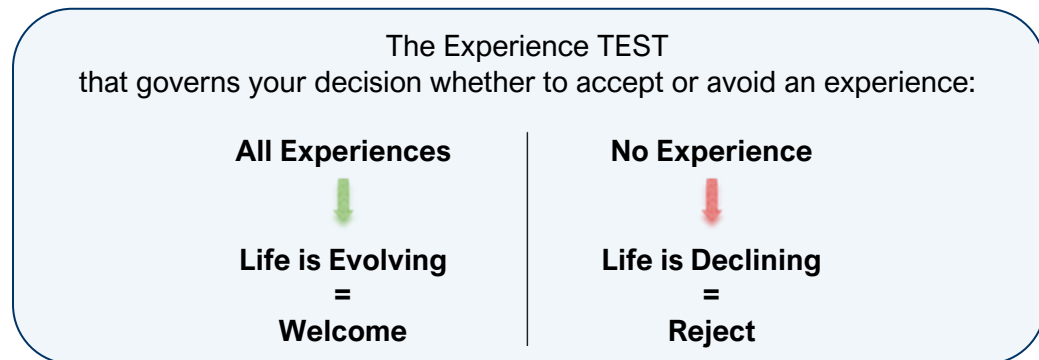
How can you know if an experience is in your best interest?

You can put your experience to the test and notice if it brings you:

- ◆ *A more restricted life*
You must do something or must refrain from something, in order to be OK.
(You have to arrive at some other place, because you are not there, *yet.*)
- ◆ *More freedom*
You are OK, without having to defend, correct or improve anything.
(Maybe you are perfect and just need to realize that you are already it.)

The Test

The Experience Test is an indisputable method that you can use, in the middle of a session and when you doubt your experience, to evaluate and be able to make an unmistakable decision of whether you should accept the experience or if you should evade it.



The way you know if this intensified or new experience is good and safe and if you should accept it or not, is by detecting if it makes you *feel more or less*.

Keep this Experience Test, readily available, in the back of your mind, so you can use it as your evaluation tool, whenever you want to get rid of an experience.

Consider:

- ◆ Do you FEEL MORE? If so, you must be MORE alive. You want to Accept that.
- ◆ Do you FEEL LESS? If so, you must be LESS alive. You want to Reject that.

Un-Learning and Re-Learning

The learning process

The Owner's Manual will reveal your Life-story. You will get *new information*, to add to your wealth of knowledge.

Your re-learning process requires a new understanding, thinking, believing and behavior, to what you have. You cannot remain the same and expect to experience something other than what you are currently encountering.

You will also discover that learning more, mostly means to un-learn your current mis-education and re-evaluate what is really true and how life works.

This un-learning will be confronting to your ego. It will challenge your ego-identity of being right about the limited life that you have already built up around your beliefs.

When you realize that un-learning includes letting go of the old, you will be ready to welcome a new reality, that is an improved Life-style, to what you are used to.

Your learning roller-coaster

When you start your Owner's Manual training you may feel that you get a lot of information and that you understand it. After a while, as your training increases your aliveness, you might want to slow down. Then, your increased Life-force, will highlight your old hang-ups of feeling overwhelmed, self-doubt, lack of understanding, and thoughts that this is not for you. As you continue, you will feel that you are on top of the world again, that you get it and that you don't need any more or can't take any more learning. Since, all these experiences come and go, I suggest that you don't give them any attention and don't act them out, but be aware of this roller-coaster and notice that these ideas are fleeting and short-lived.

The path of confusion, chaos and newness

During real re-learning you may get confused, because you are learning something that opposes your old understanding. This confusion is ultimately good, because it is a sign that you have already let go of some old mis-learning.

During the transition of letting go of the old and adopting the new, you may go through a chaos phase. Don't struggle here. It will pass by itself.

Then, finally your clear expanded new reality dawns.

When you are confused, remember that you have already set the momentum for change in motion, and the only thing you need to do at this point is to relax and wait.

Acknowledge your progress

The norm is to continue living with the same thinking and behavior that you have learned and practiced and that it is more comfortable to be on familiar ground, than to change.

So, when you do change, acknowledge yourself for being a Spiritual Warrior.

First, get familiar with your new experience, and then gently celebrate your success.

The Boost

Natural Breathing is a profound subject, so I will explain it gradually, logically, and practically, so you can understand and integrate it fully into your Being.

Natural Breathing is one of the most powerful tools you can use to transform your life and experience more health, aliveness and passion.

Natural Breathing is a breathing process that rejuvenates your body, connects you with your emotions, awakens your wisdom and unveil your divinity.

Natural Breathing advocates breathing fully, without alteration, in the way breathing is given to you.

Natural Breathing inflates you with more Life-force, with its inherent impulse to remove issues and create life, health, and success. All this, naturally and by itself.

When you let go of sub-ventilating, Natural Breathing returns

Breathing fully is essential to living a vibrant life and to access your full potential, in the same way as good driving skills are necessary to keep your car functioning well and presenting a pleasant ride.

If your car consumes too much fuel, and its brakes need frequent repair, you'll take it to your car mechanic to be fixed, in the same way as you seek the help of your Breath Coach when you have issues.

After your car mechanic has replaced your brakes several times, he will alert you, that there is something strange going on, because it is unusual that the brakes need replacing so often.

During test drives, the car seems to be normal, so the mechanic asks you to test drive it with him. As you start driving, your professional helper immediately notices the problem.

You have not let go of the emergency brake. Driving with your emergency brake on, increases fuel consumption and quickly wears down your brakes.

When you release your emergency brake, your car will speed up, run smoother, use less gas, and need fewer repairs.

The same thing happens when you let go of the emergency brake on your breathing, i.e. your sub-ventilating.

First, the increase of energy, passion, and aliveness might surprise you, but then it becomes exciting to be fully engaged with your life. Soon, you also notice that your health has improved and your success plans manifest quicker.

Natural Breathing trains you to let go of your emergency brake,
so you can enjoy the ride of your life.

The Focus

Master Your Mind

Even though Natural Breathing can clean up your past and bring you in to the perfection of present time, it doesn't have the power to over-ride your thinking and beliefs. This is where you will have to be responsible for what you are focused on and what you do with your thinking mind.

Be aware of what beliefs you accept

You need to be aware of what thoughts you accept. Only choose thoughts that are conducive to the results that you do want. Ignore those thoughts that will create what you don't want. This is an ongoing conscious process. You need to be aware of what information you accept from TV, newspapers, experts, family, friends, neighbors, and other influential sources.

Thoughts have no power without your attention

Thoughts gets their power from YOU ENTERTAINING THEM and believing that they are true. They have no life of their own. They have no power other than what you give them through your attention to them. That is why it is important to discern what thoughts you cling to. Let go of limiting thinking and adopt expansive thinking.

Focus on creating the world that you want

If you don't believe that you can create the life that you really want, you'll live with a compliant attitude, lack of passion and refraining from even trying to create what you want, leaving you feeling like a failure and depressed.

If you believe that you can create the life that you want, you have something to work toward. It directs you to act on your belief that you are in charge of your manifestations. Whether this is true or not, you will be excited about living and having projects. This makes you feel good and passionate now.

**The quality of your thoughts determines the quality of your life.
Since you have the ability to choose what thoughts you dwell on,
choose your thoughts wisely, so they can create your what you want.**

Distractions and Excuses

**Expect to experience and feel more alive,
as a result of conquering
the Six Challenges to Own Your Self!**

Don't let your mis-labeling turn your progress into a problem!

When you want something new, you invite more fun, insight, movement, love, and experience into your life. All these experiences are signs of being more alive, healthy and successful.

But, you may have mis-learned and label these heightened experiences fear, risk, overwhelm, discomfort and pain. That will make you resist them, which leaves you being a failure and suffer dis-ease, depression, and death.

Most experiences and feelings are mis-understood

If you have decided that you dislike an experience, you will come up with justifications of why you should get away from it.

When your mis-thinking labels and convince you that your amplified experience is not what you want, you need to remember that your heightened experience is a sign of more aliveness, and that you should welcome, enjoy, and celebrate it.

Your Escape Clause

The rule that "100% of what you think about and focus on is what you'll experience".

But, sometimes you struggle with an issue, and surmise that this issue is beyond your control. You'll argue that "your situation" is different from everyone else's, and come up with assumptions of why the 100% mirroring decree does not apply to you.

If you look a little deeper, you'll find that you are acting out your *ESCAPE CLAUSE.

"This is true, except, because of my special unique situation, it doesn't apply to me."

Your Escape Clause is your *ultimate excuse* that keeps you stuck with unwanted results, and it stops you from improving and evolving. If you are wise, you will challenge your Escape Clause and really Own Your Self.

We want our Life-style to change, but yet, we hesitate when change shows up.

Your ego or HABITUAL SELF will convince you that it is here to protect you and keep you in Status Quo, because it believes that change is dangerous. It convinces you, that you are not safe if you change. It is safer to not change.

Your Habitual Self, has a whole arsenal of tactics to interrupt your plan to change. It will try to distract you (by suddenly making something else more important), mis-direct you (with suggesting correcting methods that will keep you struggling) and block you (with apparent external difficulties).

For example: If you want to be healthy, you may be attracted to a multitude of techniques to create health, instead of letting (the Premise of) your innate Life-force effortlessly continue to provide you with life and health.

Here are some indicators that resistant is surfacing, and change is imminent:

- Thinking about leaving.
- You find it difficult to stay present, and zone out or fall asleep.
- Becoming unusually silent or making yourself invisible.
- Feeling isolated, abandoned, alone and misunderstood.
- Feeling that you are too exposed.
- Feeling disappointed.
- Feeling impatient.
- Feeling rushed.
- Feeling overwhelmed.
- Believing that it takes too long to learn or that it is too difficult.
- Feeling sick and choosing to stay away.
- Being defensive.
- Blaming others and complaining about them behind their back.
- Fearing that you are going to lose something.
- Suddenly can't afford, or find time, to follow through.
- Suddenly a new relationship becomes more important than your plan.
- Suddenly, you need to give your family or business more attention.
- Not asking for what you need.

Be aware of the ways that you sabotage yourself and be smarter than falling in to pursuing obstacles, which will interrupt your progress.

EXERCISE

The way I avoid following through on my commitments.

Write down your responses to the following inquiry.

The favorite distraction and excuse I use to escape from following through on my commitments is _____

Notice how you tend to sabotage yourself.

How to work with the Challenges

Now, that you are becoming aware of your Healing-journey, you need to take to integrate what you are learning. Don't speed-read or skim this text, but contemplate the meaning deeply. Consider what each challenge means and how it relates to you.

If you are impatient and try to get your Healing-journey done and over with, you will miss your real expansion and success, leaving you to have to come back later and redo it. Impatience is a sign that a Challenge is asking for more attention, so slow down, so you can integrate and master it.

Even though each of the Six Challenges define a specific major Challenge, they are also based on the elements of several affiliate challenges, that are addressed within the theme of the major Challenges.

First, I'll describe the Challenge, how it works, how it tries to control your Healing-journey and how it will challenge you.

Then, you have exercises, for you to realize how this challenge affects you personally.

Finally, when you have studied what your challenge involves and embraced the wisdom gained from the exercises, you can put your learning in to practice and free yourself from the challenge's trap and settle in Optimum Living.

The 1st Challenge – Mastering Change



You got this Owner's Manual, because you want to learn how to live a healthy, happy, and successful life. You want Change, from having issues, to live a life full of joy, passion, and abundance.

Having worked extensively with *change*, I have noticed that people don't realize what change really means. They struggle with it. They don't expect that things will be different when they change. So, your first Challenge is to Master Change.

Here, I will describe what change means, what you can expect to happen when you ask for change and how you can Master the Challenge of Change

Perfect time for change

In the past, most people didn't have the possibility or opportunity to pursue the knowledge that could create the life they really wanted or to explore existential questions. They were unable to experience heaven on earth, because they were too involved in their day-to-day dealings with survival and were limited by social expectations.

Even now, most people have too many issues, struggle, and pain - or not enough of an urge and wisdom - to recognize the importance and benefits of self-discovery.

It is a luxury to have the opportunity and inclination to "Own Your Self". Consider yourself fortunate.

EXERCISE

What I want to Change.

What I want to change is _____

The reason I want this to change is _____

Be conscious of what and why you want to change.

The Effect vs. Causal approach to change

Modern society deals primarily with the effects of symptoms and problems. The Effect, or Symptomatic Approach will sometimes relieve a symptom, but because the cause is not uprooted, the symptom will return.

The Causal Approach is based on that all dis-ease and issues originate from an unawareness of a personal mis-thinking. When this mis-thinking is revised, the cause of the dis-ease or issue is uprooted, removing the effect of symptoms as well.

The Symptomatic Approach is based on that dis-ease and mis-fortune is not of your making and are inflicted by sources beyond your power. The only way you can battle your powerlessness is to join the rat-race of finding sources that are more powerful than life itself. In this search you will study media, consult with doctors and healers, who give you their opinions of things you should do and things you should not do, leaving you living a struggling and limited life.

Symptomatic Approach can be useful, if it empowers you to investigate the Causal Approach and thus re-establish your naturally healthy Life-force.

Change can be temporary or permanent

If you pursue the *Symptomatic Approach* to change, you will only, at best, get *temporary* change.

For *permanent* change you need to implement the *Causal Approach*, and find the *cause* of your issue. This will erase the cause of your issue, remove the symptom and stop a reoccurrence of the issue.

Temporary change means that you correct something by forcing an alteration on your environment or on yourself, without changing your causal thought, belief, feeling, behavior and activity. This may appear to give you a change for a while, but eventually the old predicament will return.

Temporary change will not change your experience, but will leave you with the same emotional sensation - even if you seem to have managed to create an external correction.

For example, if you want to get away from driving your boring car with its frequent repairs and excessive fuel consumption, you get a new car. Unfortunately, you will not enjoy driving this car either, because your driving skills, with the emergency brake on, doesn't allow for thrilling driving.

Investigating and changing your own breathing, thinking, feeling and behavior is how you create permanent change.

For example, if you like to get a thrilling driving experience, you will not try to get a better car, but instead you'll learn to be a better driver. Since this approach will connect you with letting go of the emergency brake, your driving experience will improve whether you use the same car or get a new one.

A Static vs. Dynamic life

By definition, life cannot take place as something static, like a picture cannot impart the dynamic progressive experience of change, taking place in a video. One experience after another. Ever evolving and ever changing.

Change is a transition into the Unknown

Do you realize that the change you are looking for is, so far, experientially unfamiliar to you? You may have hypothesized about your change, but you haven't integrated it as your own experience, yet. If you knew what your change will be and feel like, you would already be and have that.

Change requires learning and practicing something new

To really change you can expect and need to accept that you will have to learn and practice things, that are foreign and unfamiliar to you.

Surrendering to Change is how you find health, abundance, and happiness

When you surrender to change you are not throwing in the towel or giving up and turning away from your goal. You are not raising the white flag and submit to or give in to another.

If you resist change and remain unchanged, you struggle, stagnate, and cause unnecessary self-imposed suffering, unlike surrendering, which means to give up your resistance and struggle.

To Master Change, you need to surrender to your Self, your breathing, your Life-force, your feelings, and your Natural State.

Surrendering is how you open up to receive life, health, happiness and success.

EXERCISE

The way I relate to change.

Complete the following statements.

I don't like change because _____

I don't like change because _____

I trust change because _____

I trust change because _____

Notice how much you like and trust change.

Breathwork

Natural Breathing is one of your most powerful tools to Master Change

Adding more Life-force through Natural Breathing, without spending, using up, or dispersing that energy, leaves you with an increased amount of *RETAINED Life-force*. This additional and extra Life-force wasn't there before, so in order to accommodate it, your Beingness has to expand with more spontaneous health, well-being and abundance.

Like the metaphor of an irrigation system, you have energy or beingness, i.e. your experience of yourself, flow through the energy system of your body. If your irrigation system is old, with some clogged pipes, you have a limited amount of Life-force flow through them and experience lack of health and well-being. If you increase the water pressure, like you do with Natural Breathing, your pipes will be cleared out and thus open up space for more energy to flow, for you to experience more.

Natural Breathing can be used therapeutically in 2 ways:

- ◆ As a 1-minute “**Breathing Snack**”,
<http://NaturalBreathing.com/Breathing-Snack> has a 1-minute guided video.

You can choose to do Natural Breathing for a minute or two, anytime you feel tired or foggy and want to get energized and awake, or you want to feel more and be more focused, as well as tapping into your healthy Life-force.

Make sure you end your Breathing Snack, as soon as you start to feel energized, because if you don't, you will start a full Natural Breathing Session.

- ◆ As a full “**Natural Breathing Session**”, you will do Natural Breathing for about an hour. This will shine a light on and complete Incomplete Experiences, bringing you permanent transformation.

You'll need an experienced Breath Coach present to successfully guide you and ensure you have a comfortable, easy, and transformational session.

If you study this Owner's Manual on your own you should only do the Breathing Snack, short version of the exercises. If you are with an experienced Breath Coach you can do full Natural Breathing sessions.

Awareness

The foundation for life, breathwork and change is that you are aware. If you change, but don't experience it, this change is of no benefit to you, because you don't know or sense that it happened. So, focusing on being aware is always the primary objective of Natural Breathing.

EXERCISE

The 1st Natural Breathing ingredient.

- Awareness -

Be aware of your breathing.

Notice if being aware of your breathing, changes your breathing pattern.

Notice if being aware of your breathing, intensifies your level of experience.

Real Change requires your participation

To Master Change, you need to consciously experience your transition from the before to the after.

But, because you left your womb at birth, your parent's home when you grew up and your co-workers, when you got promoted, you have learned that change means to leave.

Common ways to leave

- ◆ You might physically leave or interrupt your success, just as change starts.
- ◆ You might leave by holding on to one belief and refuse any new information that may challenge your opinion.
- ◆ You may suddenly feel tired, foggy, "go out" or fall asleep on certain subjects, even though you have plenty of rest.
- ◆ You can leave through daydreaming.
- ◆ You may unconsciously hold your breath when you start to feel more. This produces a kind of emotional anesthesia and numbs you out.
- ◆ You may distract your mind with planning projects other than what is at hand.

Be aware, when you suddenly want to leave, and then don't leave. Be aware of what you really feel. *Feeling* the sensation of wanting to leave, enables the release that will free you from this unconscious reactive behavior.

Natural Breathing keeps you present

The best and easiest way to regain your presence and stay alert (when you notice yourself leaving) is to do a Breathing Snack.

Breathing more unlocks the resistance to feeling more and stimulates your curiosity of other's points of view, resulting in you being more present again.

EXERCISE

The 2nd Natural Breathing ingredient.

- Breathe into your lungs -

Anytime you have difficulty staying present, daydream or don't understand, choose to take a Breathing Snack.

Choose to breathe, by filling up your lungs and inflating your chest. Let your ribcage physically expand and collapse with your inhale and exhale.

If you have learned that breathing should be otherwise, see if you can let your expanding chest continue to move through every part of your body.

Notice if your chest and your breathing become more experiential and relaxed.

Notice if you have more feelings.

Healing-journey

Ideally, your Healing-journey is *a string of unique and interesting experiences*, where you just live in the present moment, leaving past experiences behind, and refraining from craving new adventures. Then, you are fully involved in your current experience.

But, if instead of being present, you continue to re-call what has already passed, or you are needing or fearing something in the future, then you are absorbed in a mental fabrication, devoid of an actual present-time experience.

So, if you don't stay current with the flow of your coming and going experiences, and instead hold on to or resist an event, then, as Life-force continuous to provide you with more life i.e. energy, your experience will be filtered through your current hang-ups, and appear again and again, as your dis-liked experience.

And, if you are unfocused and running on automatic, in order to bring you back to experiencing your present time, your Healing-journey will include wake-up calls, like, you break something, you hurt yourself, you get a speeding ticket, you get in a fight...

Since, it is not natural and a lot of work to hold on to old hang-ups, and since your life will continue to provide you with these repetitive situations, to prompt you to let go, it is much easier and more convenient to just accept, allow, and let go.

What you can expect to happen on your Healing-journey

The problem with your disliked experiences is that they have already been judged as dis-liked and thus thought of as something to be avoided. So, when your Healing-journey makes you aware of what you are holding on to, you tend to run on automatic and store your dis-liked experiences away again, as you have done so many times before.

When you encounter your disliked experience on your Healing-journey, YOU TEND TO RESIST IT AND RETREAT TO THAT WHICH IS FAMILIAR. You'll believe that the experience you are having does not take you towards a healthier and more successful life, and you should avoid it and look elsewhere for your success.

If you can allow your experience to be as it is, and not try to get rid of it or avoid it, you will have let go of some resistance to life and reached a new level of fulfillment.

The journey to change and evolution includes experiencing more, but your habitual response is to not accept this fact. It is like you proceed towards change, and then you change. So far so good. But, then you remember that the change you just got, has taken you to what you don't like and have said "no" to so many times. Next, you turn away from your progress and re-turn back to where you came from, to live your familiar and limited life, once more.

After a while, you forget your resistance, your curiosity and courage return, so you venture out to look for another adventure. Here comes your predictable dis-liked experience again, and again you remember you don't like it and retreat. This goes on and on, like a yo-yo, until you accept the experience you are avoiding.

The gradual letting go of dis-likes

Every time you move towards a bigger life and then retreat, you get a little more used to the experience you are avoiding. The dis-like gets weaker and weaker and stays a shorter and shorter time. This goes on until you get to where the experience has lost its charge, and you can fully enjoy the ride. This is like getting used to the sensation of driving your car without the emergency brake on. Then, you have stopped fighting the exhilarated driving experience. You accept the perfection of this experience, realize the gift it is providing, so you no longer need to get rid of it. That is the indication that you have moved on.

**To succeed on your Healing-journey
you have to EXPECT new experiences and ACCEPT all your sensations.**

EXERCISE

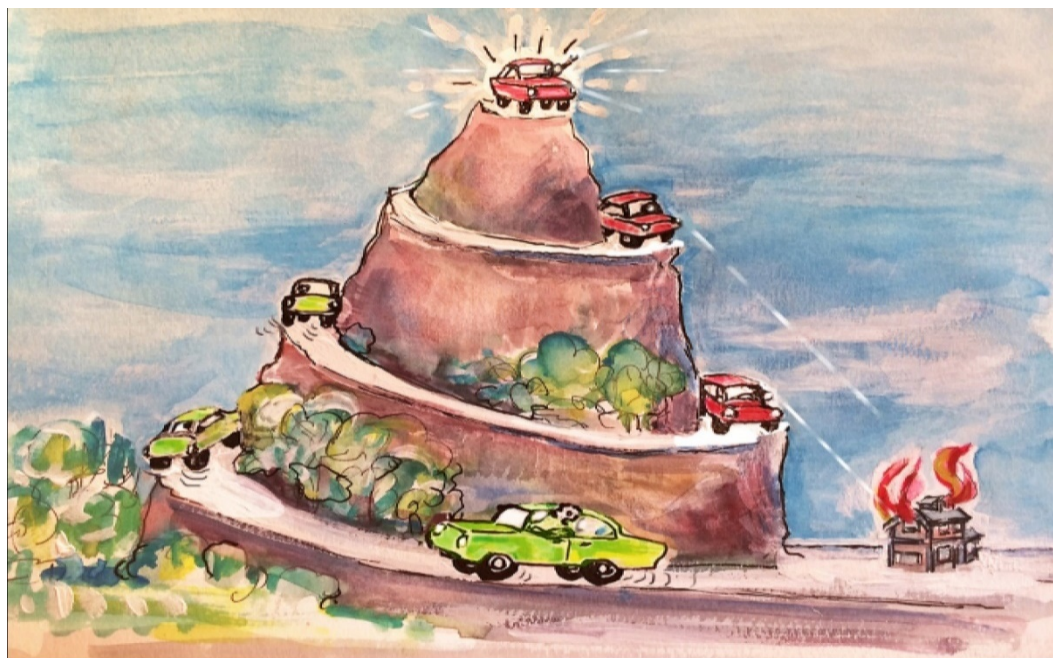
Releasing Resistance to my Healing-journey.

A project I have had is _____

The way I resisted it was: _____

What I can Expect and need to Accept on my Healing-journey is: _____

What I need to do to progress on my Healing-journey is: _____



Your Healing-journey is like the metaphor of driving up a winding road to the top of the mountain – your destination of enjoying the here and now.

You start your evolution when “you are getting away from your past” and “leaving your dis-liked experience behind”. This feels good and makes you passionate and filled with gratitude.

Then, as you wind around the mountain, you return to the side of the mountain where you can see your old issue again, down in the valley. Seeing this again can make you disappointed and doubtful. Here, the tendency is to think that the method you are using, to leave the issue behind, isn’t working. This is where most people give up and turn back down the mountain again, believing they can find a better mountain.

If you can stay with the dis-liked experience, you will get used to it, recover more aliveness and find the heightened experience exhilarating.

The only way you can temporarily fail to evolve, is if you stop, give up, back-track, and return down the mountain.

Watch out for your thinking that will do anything it can to convince you to abort your venture. Why? If it is completed, your mind thinks it won’t have anything else to do. Mind needs a project, so it creates an issue to have something to overcome.

When you see the old issue down in the valley and re-encounter your issue, observe if the experience is less and less intense and if it seems further and further away – as if you personally no longer have the issue, but other people do or you read about it.

Also, notice if the duration of the issue seems shorter and shorter - you notice you are upset about it, but not for as long, as last time. If this is the case, then you are on the right track, so continue what you are doing.

This re-appearing of your issue keeps going on until you get to the top of the mountain, where you can still see it, but you no longer need to get rid of it. When you see *the value your old issue has brought you, you are free.*

Resisting your Healing-journey

You need to become aware of your Habit of Resistance and repetitive re-action to your Healing-journey and choose to respond differently from how you usually re-act.

You will have reasons why you don't like your new experience, so initially you will have to engage with what you don't like and go against what feels right to you, in order to actually change. This takes wisdom, awareness, courage and trust.

It's like when you let go of your emergency brake and holding back. You get to a heightened cruising experience. Then you remember that you have had this kind of experience before and didn't like it. That was the first time you learned to use your emergency brake. Since you have decided you don't like this experience, you may reach for the emergency brake again, to slow down and avoid feeling so exhilarated and get back to your usual numb way of living.

A tricky way the ego provides a reason for resistance, is to suddenly make you so busy that you have to postpone your "progress – driving up the mountain".

Be ready for your resistance to change

If you can be aware, ahead of time, when you are about to step up your energy and success level, you know when you will be encountering what you tend to dislike, then you have a better chance to continue towards more success.

If you resist accepting your progress, you create struggle and only postpone your inevitable evolution, that could have been accomplished with ease and pleasure. This is like trying to jump out of the car in full speed instead of enjoying the ride.

How to succeed on your Healing-journey

When you start to feel that unwanted sensation, you have already started your process of change; then comes your tendency to want to get rid of it. If you can discipline yourself, at that moment, and just wait, you will find that it will become a familiar feeling and you will start to accept your new exhilarating life. Be aware of the tendency to think that you need to do something to feel fulfilled. This actually stops the change in progress. The challenge is to not try to get rid of your expected experience. Just wait and you will see a permanent change.

EXERCISE

Releasing Resistance to my Healing-journey.

A project I have is _____

Something that I don't like, that usually happens when I engage in my projects:

The way I usually resist my dis-liked experience: _____

What I can expect to resist on my Healing-journey: _____

A supportive way I can deal with my Resistance to my Healing-journey: _____

Releasing your discomfort

Anytime you feel uncomfortable you are holding back an emotion and your breathing, based on a judgment you have about yourself or others.

Your discomfort will go away when you become aware of it and/or when you breathe more.

EXERCISE

The 3rd Natural Breathing ingredient.

- Breathe Fully -

- ◆ Breathe through your mouth.
- ◆ Breathe passionately.
- ◆ Allow your chest to expand fully.
- ◆ Inhale with a good speed – like when you run.
- ◆ Breathe with a good rhythm and tempo.
- ◆ Take in more air volume than you are inclined to.
- ◆ Do Quality Breathing = a good amount of exchange of air volume.

Notice that increasing your breathing volume makes you feel more and different.

Incomplete Experiences

If you don't let go, but hold on to and rehash an old incident or belief, you make it incomplete. *Incomplete Experiences* are experiences that you drag with you into your future, making your future a repeat of what you are holding on to from the past.

**All experiences must be completed and let go of
for you to be able to have a real NOW experiences.**

An Incomplete Experience is either a conscious mis-directed belief or a trauma that has been stored as your sub-consciousness.

You know you have an Incomplete Experiences, when you have repeating, repetitive, and limiting experiences, that damper your passion.

If you grasp or reject any of your experiences, they become incomplete.

When an experience is incomplete, i.e. you get dependent on it or you resist it, you put your ongoing adventurous life on pause, and drag this very experience with you, into your future, to be experienced again.

Your Incomplete Experiences are conditions you repeatedly complain about and declare that something is missing or needs to be corrected and removed.

You keep encountering your Incomplete Experiences, because the unfolding of your life is put on pause, leaving your mind unaware of your present and instead engaged with re-living your thoughts and belief-system – your repetitive story.

Every experience must be temporary and transitory, so there will be space for the next experience, for you to be able to experience living. This is the only way you can experience an ongoing and ever-changing, no static life.

Like, you cannot experience the unfolding of a movie, while having it paused on a picture frame, you cannot experience living, while keeping your future on pause and rehashing your memories and believes.

You need to complete all your experiences

In order to NOT bring your past into and repeat as your present and to be able to enjoy your Natural State you will have to stop holding on and let your past go.

**To complete your experiences,
you need to be aware of them,
accept them and then,
let them go.**

Types of Incomplete Experiences

You have many small Incomplete Experiences, that impact your response to various situations.

You also have one Main Incomplete Experience. This was your first Incomplete Experience that, until completed, keeps undermining all your experiences.

Whether your first and Main Incomplete Experience, started before this life, during your pregnancy or delivery or sometime during your early years, you have to learn to accept what happened and then let it go.

Life-Issue

Your Main Incomplete Experience is now your Life-issue.

Your Life-issue is that thing that:

- ◆ Continuously bugs you.
- ◆ You have been trying to correct for a long time, but it won't go away.
- ◆ Still shows up, even when you ignore or avoid it.

Your Life-issue shows up as a repetitive intolerable unwanted result.

You know that your Life-issue is incomplete, when no matter what you do or how much you try to resolve it, the same unwanted result keeps showing up.

You are stuck with your Life-issue and it is included in and disturbs all aspects of your life, until you complete it.

The origin of your Life-issue

Your Life-issue started the first time you had a startling experience.

This could have been early childhood, but more likely during your birth, pregnancy, conception or even a memory from a past life.

For example: If your mother was anesthetized during your birth, you may have felt unsupported and now feel unsupported in your relationship, at work, when you bought your first car, graduated, moved away from home, have a lack of money or you over-compensate and demand support.

Another example: If you had a Cesarean delivery you may find yourself having to be rescued from problems, bailed out from money troubles, squatting in someone else's house, towed, or over-compensating by proving your independence.

Yet, another example: If you got stuck in the birth canal, you may feel stuck at work, with your old car, lack of money, failure or you avoid this feeling by bingeing food, TV or drugs.

Your personal feeling reaction to your first shock is what is important, not what caused it. People can encounter the same circumstances but end up with completely different reactions.

Finding your Life-issue

If you have something that you think is important to fight for or against, you have a pointer to find what your Life-issue is.

Your future is predictable

You can predict your future by becoming aware of how your past has been. Your Life-issue will manifest in the future as it has in the past, until you complete it.

By comparing your major experiences in your life, such as your experience of your conception, pregnancy and birth, your schooling, buying your first car, moving out of your parent's home, relationships, major projects, work situation, you will find a repeating frustrating condition. This repeating unacceptable condition is your Life-issue.

Examples of Life-issues	
Feeling stuck	Feeling incompetent
Feeling like a failure	Feeling abandoned
Feeling unsupported	Feeling attacked
Feeling ignored	Feeling helpless
Feeling unwanted	Feeling controlled
Feeling manipulated	Feeling held back
Feeling inadequate	Feeling imposed on
Feeling lost	Feeling unimportant
Feeling powerless	Feeling stupid
Feeling like a burden	Feeling like a problem

EXERCISE

My Life-issue.

Remember a frustrating experience you have had during the following conditions.

A repeating issue I have _____

Something that is a repeating problem for me _____

A frustrating experience I have encountered in my projects _____

A frustrating experience I have encountered at work _____

A frustrating experience I have encountered with my mother _____

A frustrating experience I have encountered with my father _____

A frustrating experience I have encountered with my parents _____

A frustrating experience I have encountered in relationships _____

Something I dislike that keeps showing up _____

Something I can't accept _____

Something I want to change _____

Something I have tried to change _____

Something I avoid _____

Look over your list above and identify your Life-issue.

My Life-issue is _____

A way I notice that my Life-issue is active _____

The usual reaction I have when my Life-issue shows up _____

Life-Lesson

Your Life-lesson is to let go of your Life-issue - that one personal experience that you still consider unacceptable.

Until now, you have tried many ways to complete your Life-lesson. You have tried to remove your Life-issue by controlling it, opposing it, avoiding it and ignoring it, but it is still here.

Your Life-lesson is completed when you no longer need to get rid of your Life-issue and instead have accepted it as a valuable ally to Own Your Self.

The only way you will complete your Life-lesson is to Accept and Make Peace with it. Looking back, you'll find that that is the only thing you haven't done.

**Your Life-lesson is completed when you
Accept and Make Peace with your Life-issue.**

Setting up the conditions that will allow you to complete your Life-lesson.

Since your Life-lesson is to recover the awareness hidden under your Life-issue, you have to become aware of your Life-issue.

You become aware by unconsciously setting up situations, where you will encounter your Life-issue, again and again, until you Accept and Make Peace with it.

For example: If your Life-issue is feeling ignored, then your Life-lesson is to Accept and Make Peace with feeling ignored. You will unconsciously set up situations where you feel ignored. Like: Your designated obstetrician is on vacation; Someone else gets promoted; You are put on hold; You are not heard; Your applications get lost.

Another example: If your Life-issue is feeling rushed, then your Life-lesson is to Accept and Make Peace with feeling rushed. You will unconsciously set up situations where you feel rushed. Like: You are induced at birth; You have to start working before you have finished school; You get evicted; You have to make quick decisions.

**To complete your Life-lesson
you have to encounter your Life-issue, in real life,
so you can re-evaluate, accept, and
make a different conscious decision about it,
that makes it perfect.**

The benefits of completing your Life-lesson

- ◆ It is important to complete your Life-lesson because it will set you free to be fully aware of and enjoy your perfect now.
- ◆ Completing your Life-lesson frees you from a conscious and unconscious continuous struggle.
- ◆ When you engage with your Life-lesson, your life feels meaningful.
- ◆ When your Life-lesson is completed you will live On Purpose.
- ◆ When you can recognize what your Life-lesson is, you know how to deal with your circumstances and your projects in a successful way.
- ◆ Your Life-lesson will free you to live a fulfilling life, where everything is perfect.

The advantage of knowing your Life-issue and your Life-lesson

The reason you have a Life-issue is because you have rejected a particular experience in the first place.

When you have identified your Life-issue, it will be easy for you to recognize it when it shows up.

When you have identified your Life-lesson, then you will know what to do to finally release your Life-issue and complete your Life-lesson.

How to complete your Life-lesson

You can use any of your life situations to complete your Life-lesson. Like, if your Life-issue is to feel negated, you can complete your Life-lesson when you feel negated by your mate, your parents, at work, etc.

When your Life-issue and your habitual reaction to get rid of it shows up, choose to not act as you usually do. Just be aware of your experience, exactly as it is.

Take a Natural Breathing Snack. If you have any opposing thinking, accept that thinking, and let that thinking go. You will then complete the experience, your Life-issue, and your Life-lesson.

The steps to complete your Life-lesson, when it shows up:

1. Identify what your Life-issue is.
2. Acknowledge when your Life-issue shows up.
3. Resist your usual response of trying to get rid of your Life-issue.
4. Take a Natural Breathing Snack.
5. Identify your Life-lesson.
6. Make Peace with your Life-issue.
7. Enjoy your heightened experience of having completed your Life-lesson.

My Life-lesson.

My Life-issue is _____

My Life-lesson is to Make Peace with _____

The way I usually respond to my Life-issue _____

A new way I need to respond to my Life-issue _____

What I need to do to complete my Life-lesson _____

Natural State

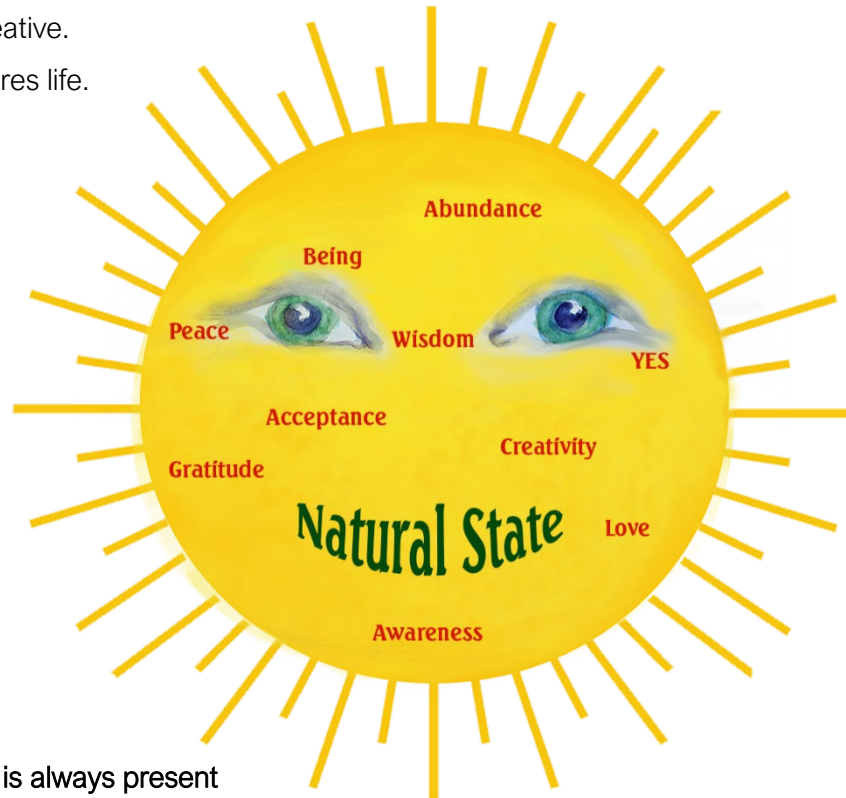
When you Master Change, you uncover your Natural State and free your Life-force - the Fountain-of-life, to express as you.

This Natural State is not just an empty, boring, and dead space.

Your Natural State has qualities: awareness, wisdom, peace, harmony, love, bliss, abundance, health, and creativity. It accepts everything. It is “Affirming Presence”.

Your Natural State is like the metaphor of the sun:

- ◆ It is always present.
- ◆ It always shines.
- ◆ It is always warming.
- ◆ It doesn't need anything.
- ◆ It doesn't ask for anything.
- ◆ It has its own incessant self-perpetuating power.
- ◆ It is creative.
- ◆ It nurtures life.



Well-being is always present

Well-being cannot be created because it is always present. If you don't experience well-being you must be stifling it off.

The “Fountain of Life” springs forth and flows through you. If you think that outside circumstances create your issues, you will try to get rid of those circumstances, instead of turning back to re-connect with your natural Well-being.

In your attempt to create a “better” Natural State and fulfillment, you actually push it away.

Your life is like an Amusement Park – Make sure you enjoy it!



Imagine that Your Life is intended for you to enjoy and flourish in and a place where all your wishes are fulfilled.

The park is already set up, with all the toys and games and rides – like your Natural State. It comes with care-takers, who knows how to take care of and run the place. Their intention is only to make this a fantastic experience for you.

Hopefully, you will not make it hard, but easy for your Life-force to entertain you.

You are given full power to experience whatever you choose to focus on. Your job is to enjoy all the fun and beauty and to choose your ride.

Make sure you focus on what you really want, because you will only experience what you focus on and engage with.

But, then you may forget that you are a guest, and decide that you can do a better job at the park. You fabricate problems and proclaim that disaster will happen if you don't correct it. You come up with rules of what shouldn't be done and what must be done.

This will interrupt the job of those experts already in charge - your Life-force - and making it difficult, creating conflict, struggle, lack, disease and frustration.

Eventually, you will realize that you can never really be in control, because you don't know how to run the place – i.e. fix your issues. You don't know how to create life, nor the world, so eventually you have to surrender or leave.

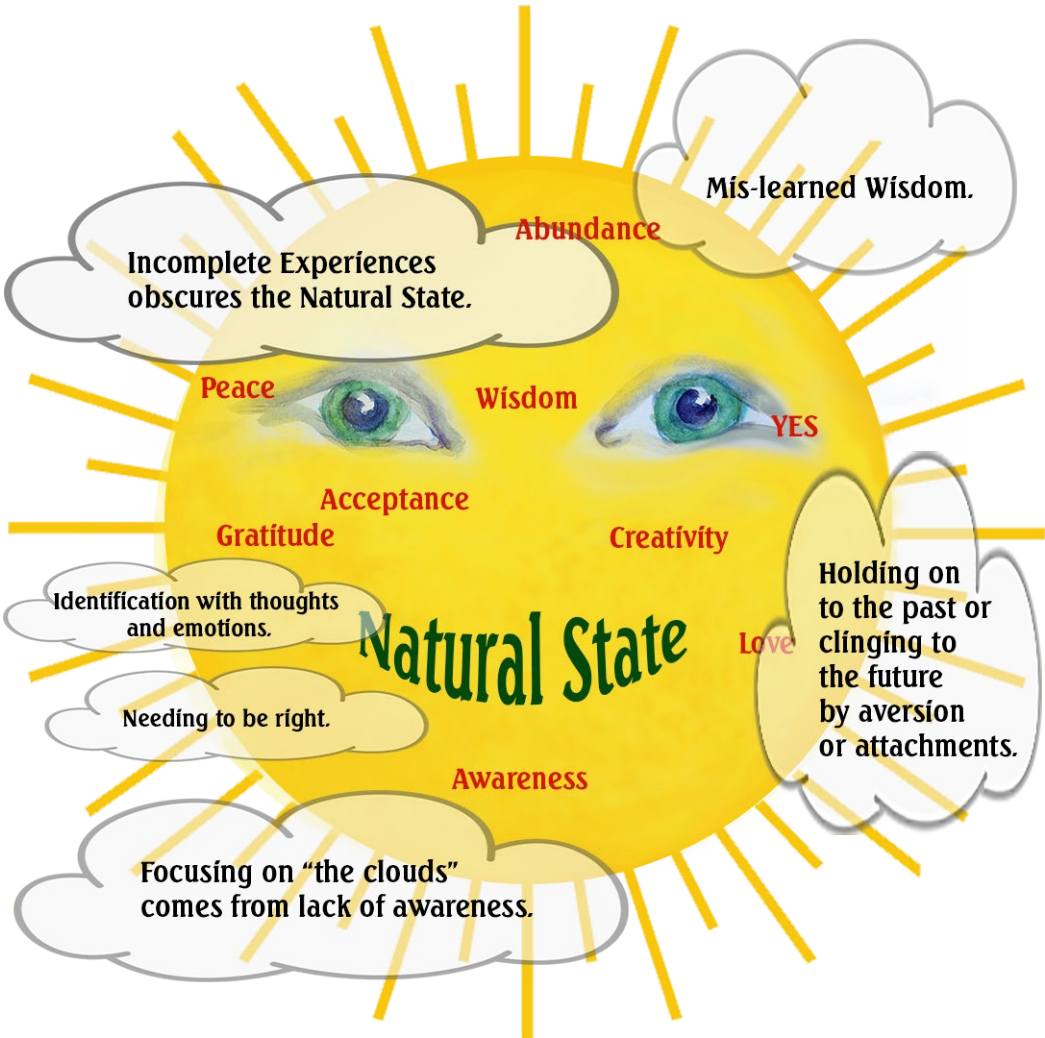
Since, your job is to enjoy the park and not to recreate creation and the world or how the world works, you have to let go of being “right” about trying to enforce your ideas and corrections.

You will have it much easier, be more successful, live On Purpose and enjoy your ride, when you acknowledge that Life-force knows how to provide for you.

You can live being aware of your Beingness and have direct access to all the qualities of your Natural State or you can be lost behind the clouds of a fabricated reality and be cut off from your nourishing and supportive source.

The View of the Natural State can get covered by the clouds of unawareness of its existence, judgments, attachments, mis-learned wisdom, identification with thoughts and emotions and Incomplete Experiences.

When the clouds dissolve, your Natural State does not have to be re-activated, because it was always there, behind the clouds.



EXERCISE

My relationship with my Natural State.

A way I try to correct my Natural State and fabricate a better reality _____

A way I surrender to and celebrate my Natural State _____

Preservation

To have a permanent change you need to remove your obstructing clouds, so your Natural State can shine forth and nurture you.

Continuous breathing ensures your continuous experience of your Natural State.

EXERCISE

The 4th Natural Breathing ingredient.
- Continuous Breathing -

Anytime you want to connect with your essence, take a Natural Breathing Snack.

Be aware of your breathing.

Allow your breath to flow from inhale to exhale to inhale, without interruption.

Choose to always have an inhale or an exhale going on. No gaps in between.

Get a good rhythm from your inhale to your exhale and on to your inhale again.

Notice if you get a heightened experience.

What is this heightened experience? _____

What is the benefit of this heightened experience? _____

Natural Breathing



You can “Own Your Self” through Natural Breathing

The unobstructed breath has all the healing and success power you need to be nourished and stay healthy, happy, abundant, and successful. You don’t need to add anything for real success to take place. Actually, any external manipulation delays your success. It is your Life-force that creates life, permanent health, happiness and success. Not you, your ideas, or your actions.

**Anything you *Do* to create health,
prevents the innate power of your life-giving and nurturing Life-force
to naturally keep you alive, healthy and successful!**

Natural Breathing makes you aware of your perfection and that you don’t need any correction. All you have to do is to get out of the way and trust and let your Life-force do what it is already designed to do – to bring you health, wealth, happiness and success.

Breathing Naturally is like enjoying a good drive with a well-tuned car.

Breathing techniques have been used for thousands of years for awakening and as a spiritual journey. The techniques have often gone under different names related to yoga and secret doctrines. New breathing techniques have also been developed, particularly since the early seventies; some of these are Rebirthing, Vivation, Transformational Breath, Holotropic Breathing, Unlimited Breath, Natural Breathing, etc.

Until recently, it was only the very dedicated and fortunate who were able to experience the awakening techniques that use the breath. Today, millions of people have used breathing techniques to heal themselves and to satisfy their thirst for owning themselves and their lives.

Natural Breathing happens naturally. It does not need to be created.

Natural Breathing vs. Not Natural Breathing

Natural Breathing is a particular breathing that happens to you.

Not Natural Breathing is a breathing technique you have adopted, because of some ideas you have learned mentally and now diligently practice – or a defense against letting go and real Change.

By learning to breathe consciously and fully you can complete your old Incomplete Experiences, into accepted and finished experiences.

Natural Breathing leads you to improve the quality of your life – with more happiness, a better attitude, and greater success in your physical universe.

Breathing is how your Life-force enters your body

One reason Natural Breathing heals is because it makes you retain more Life-force, than you usually embody. This extra Life-force will permeate previously shut down areas of your body, your spirit and your abundance and thus re-establish your natural health, aliveness and success.

The long-term effects of Natural Breathing

- ◆ Being free of old Incomplete Experiences
- ◆ The incredible experience of being present and awake.

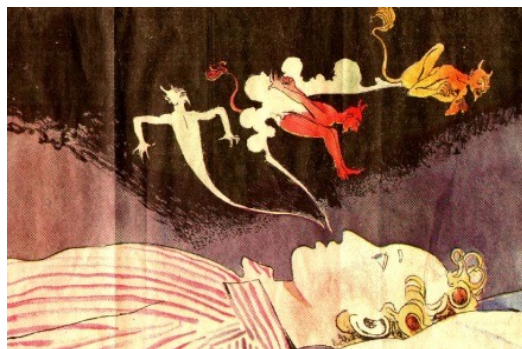
The short-term benefits of Natural Breathing

- ◆ Releasing old hang-ups and improving your relationships.
- ◆ Opening you up to all forms of receiving, success, and abundance.
- ◆ Intensifying your pleasures, of being alive with laughter and joy.

Natural Breathing provides physical health through two simple processes:

The rate at which the body builds and maintains healthy tissue depends on the amount of oxygen and Life-force that is supplied to the cells through awareness and breathing.

Natural Breathing raises the blood's alkaline level, which provides an unfavorable environment for dis-ease, leaving you being healthy.



The elimination of toxins from your body is mainly done through breathing, since 70% of the waste toxins are eliminated through breathing.

When you breathe optimally, your body and your mind cannot hold on to toxins.

Natural Breathing is a breathing process that occurs naturally when you, consciously or unconsciously, don't control, adjust, interfere with, or suppress your breathing, but allow your breathing to do what it wants.

Natural Breathing is breathing the way your body is built to breathe.

Natural Breathing brings your free spirit into a loving experience of your body.

Natural Breathing blows away the clouds of Incomplete Experiences, bringing you back to the here and now.

Identifying your Natural Breathing

By observing certain breathing situations, you'll notice that your breathing always gravitates towards a certain pattern.

Here are some examples of when and how your Natural Breathing shows up:

- ◆ When you sigh, your inhale expands your chest and let out a relaxed exhale.
- ◆ When you yawn, you inhale through your mouth, expanding your chest and let out a relaxed exhale.
- ◆ When you sneeze, you inhale through your mouth and expand your chest.
- ◆ When you are relaxed or fall asleep, you breathe continuously.
- ◆ When you jog, run, or exert yourself, laugh, are emotional, excited, and passionate, you breathe through your mouth, expanding your chest, continuously, and with an increased air volume exchange.

I have identified 5 characteristics, that are always present when you surrender to your Natural Breathing. I call them the 5 Breathing Basics. They are described in detail, a little later.

How to reconnect with your Natural Breathing

When you are sub-ventilating and are trying to re-connect with your Natural Breathing, you can fabricate, a "jump-start", to trigger your Natural Breathing.

Like the example of jump-starting a car. First you have to crank the engine. Then it ignites and takes off on its own, requiring no more effort from you. It is the same with Natural Breathing. You start breathing with the 5 Breathing Basics and then your Natural Breathing will take off on its own. This is first experienced in a session as time goes really fast.

In the beginning of learning Natural Breathing and when you touch a dense issue you may feel like you are doing the Natural Breathing and that it takes effort. This is OK, as a stepping stone. Later on, you will experience the ease of Natural Breathing, where you feel like you are being breathed.

Natural Breathing also impacts these aspects of your life:

- ◆ Corrects mis-learned breathing.
- ◆ Connects you with Natural Breathing.
- ◆ Heals sub-ventilating.
- ◆ Opens you up to more energy, aliveness, and rejuvenation.
- ◆ Connects you with your passion and creativity.
- ◆ Clears out tensions, discomforts, and symptoms.
- ◆ Releases sub-conscious material.
- ◆ Releases stress-related symptoms and diseases.
- ◆ Provides a heightened sense of awareness of everything, except time.
- ◆ Makes it simple to let go, change, and start afresh.
- ◆ Increases your compassion, acceptance, and love.
- ◆ Spiritually you get to meet yourself. You connect with your well-being, and clarify your sense of purpose. A feeling of peace and tranquility is achieved.
- ◆ Physically, you dissolve cellular blocks and let go of dis-ease, numbness, stress, and strain. You will feel safer in your body.
- ◆ Emotionally, you relax, accept, and feel safe with your feelings. You can release suppressed feelings from the past, without drama. Then, you experience an increase of love and passion.
- ◆ Mentally, you become aware of and change negative attitudes, so you can have more positive experiences and true understanding.

Sub-ventilating

Sub-ventilating means to breathe less than you would do if you were healthy, energized, alive and passionate. Sub-ventilating is the breathing that keeps you numbed out from completing unconscious and sub-conscious material. Sub-ventilating leaves you lacking Life-force - oxygen / spirit / nutrition.

The reasons your breathing is suppressed

- ◆ You took your first breath, while you were stressed out and/or going through the usually surprising and traumatic experience of being born. This left you with a memory that from then on you have been trying to avoid, which you have done by breathing at a minimum.
- ◆ Most of the time you are in the habit of holding your consciousness to such a low level that you are “numbed off” to a mass of dis-liked feelings. You accomplish this by consciously or unconsciously suppressing your breathing.
- ◆ You may have learned how to breathe through mentally fabricated ideas and get some effects, but this will not open up and free you from your unconscious and sub-conscious material and a free Natural Breathing.
- ◆ If you don't like what you are doing, you get stressed and hold your breath.
- ◆ If you have an accident and “get your wind knocked out of you”, you won't be able to take a full breath until you release this sub-conscious memory.

Like the analogy of a car with a clogged-up air intake or clogged-up exhaust pipe, it will not perform well, you will not function well if your breathing is impaired. Opening up the air intake and exhaust pipe makes the car perform optimally, like Natural Breathing will bring back your well-being.

The reason you tend to not release your suppressed breathing

When you open up your breathing again, you will experience the aliveness you felt before you began to sub-ventilate, the first time. This feeling of aliveness is labelled as undesired, since it feels like the past unwanted experience. So, to suppress your heightened sensation again you sub-ventilate.

After you fill yourself up with more Life-force you need to allow it to enliven you. This can be easy, if you get out of the way and let your Life-force take over.

EXERCISE

The 5th Natural Breathing ingredient.
- Be Relaxed -

Be aware of your breathing.

Breathe fully.

Let your body be totally relaxed.

Let your exhale flow out with ease, without slowing it down or speeding it up.

Notice if you feel more relaxed.

**To open up your Natural Breathing
You need to breathe more than you are inclined to!**

The Breathing Control System



The Breathing Control System is a protection system that is designed to keep your energy level at Status Quo, because it assumes that change is unsafe.

The Breathing Control System is here to make sure that your energy intake and outlet cancels each other out, so there is no lack or retained energy left after each complete breath, i.e. inhale and exhale.

Unfortunately, if something is not growing, it withers away, so you will end up submissive, apathetic, inactive, weak, deflated, depressed, and finally dis-eased.

If you DO RETAIN more energy, than you usually do, you will change, expand, and become more alive, engaged, healthy, happy, abundant, and successful.

When you retain more energy, it will overflow, illuminate, and open up blocked areas of your body, mind and life and thus improve your physical health status, your psychological welfare and awaken you to a life of success.

How the Breathing Control System works

The Breathing Control System monitors how much Source Energy you take in, through breathing and awareness, and the amount of Source Energy you use up, through being unaware, tense, moving and thinking, and makes sure they even each other out.

If your Status Quo energy level is challenged, the Breathing Control System will either make you breathe, more or less, and/or use up, more or less energy.

When your Breathing Control System calculates that you are “taking in”, through awareness and breathing in more energy than you are using up, it will “force” you “to use up” more, by making you move, think, or go unconscious.

When your Breathing Control System calculates that you are “using up” more energy than you are “taking in”, by moving and thinking, it will force you to “take in” more energy by making you breathe more, relax, and be more aware.

When you run, or exert yourself in any other way, your Breathing Control System will force you to breathe more, so that your energy level remains unchanged.

When you relax, your Breathing Control System will reduce your breathing, or make you tense up, because that will prevent you from retaining a surplus of energy, leading to heightened experiences.

Breaking the Breathing Control System

Since you want change and your Breathing Control System's job is to keep Status Quo, you need to **BREAK YOUR BREATHING CONTROL SYSTEM**.

You retain more Source Energy by being aware and breathing and relaxing more, and by refraining from tensing, moving and thinking.

- ◆ This will uproot any sub-conscious blocks.
- ◆ This will increase your health, wealth, and happiness.
- ◆ This will connect you with your True Self.

The way to break the Breathing Control System is to do Natural Breathing, which means to do **"The 5 BREATHING BASICS"**.

The Five Breathing Basics

- 1. Be Aware**
- 2. Breathe In to Your Chest**
- 3. Breathe Fully**
- 4. Breathe Continuously**
- 5. Be Relaxed**

1. Be Aware

Awareness is an EXPERIENCE of Being. Not an idea, thought or observation. You are aware when you are conscious of your sensations of breathing, what is happening in your body, how you feel, your Being, and refraining from thinking.

Here is the easy way to be aware:

- ◆ Focus on the experience of the expanding and collapsing of your chest.
- ◆ Focus on your tingling and other physical experiences.
- ◆ Notice any passing emotions.
- ◆ Do not follow your thoughts or visions. A vision is an observation of something external and therefore not an internal experience.

2. Breathe In To Your Chest

Natural Breathing always starts by inflating your chest, so much that your ribcage is lifted up and forward, all the way up to your Collar bones and then gradually spread to and inflate the rest of your whole body. It feels like inflating a balloon, with a sensation of an elastic stretching at the top of the inhale. It feels like a resistance that you have breathe beyond. tennis

You can lift your ribcage by using your Intercostals – the muscles between and behind your ribs. They are here to lift your ribcage up and pull air into your lungs, as well as to activate your Feeling Self - your Heart-Chakra. This happens naturally when you sigh, yawn, exert yourself and are emotional.

Starting your inhale with your diaphragm doesn't happen naturally, when you run, yawn, exert yourself or have an emotion. Breathing with the diaphragm can only be activated through your thinking manipulation of your breathing.

Sometimes when you are learning Natural Breathing, you may feel that it is a struggle to breathe into your chest or that it is uncomfortable. That is because you have consciously or unconsciously avoided using your chest muscles and they have become weak. It may take a little bit of conscious breathing to allow your Natural Breathing again and get your chest active and flexible.

3. Breathe Fully

Breathing Fully, also called *Quality Breathing*, is when the air-exchange of circulating *volume of your air- intake and the volume of your exhaled air is maximized*. Quality Breathing is when you take in more energy than you use up, with every breath, thus going beyond your Breathing Threshold.

Shallow breathing keeps you from feeling, by trying to breathe with the diaphragm, tightening your Intercostal muscles and thus *stopping your ribcage from moving*. Breathing less than your full capacity is sub-ventilating – with all its disadvantages.

Quantity Breathing is the Breathing Control System tricking you to breathe *fast and shallow*, almost like panting, but it doesn't bring you above the Breathing Threshold and so it doesn't increase the level of retained Life-force.

- ◆ Mouth breathing allows for Quality Breathing, with a greater volume of air exchange, circulating between your external world and your lungs, than nose breathing and the sub-ventilating of your usual breathing.

Mouth breathing happens naturally when you live a passionate life with laughter and inspiration, while nose breathing induces a pacified, and held back life.

- ◆ The *volume* of air you inhale, should be as much as when having a good yawn, which expands your rib-cage wider and higher than you are inclined to.
- ◆ The *volume* of air you exhale, should be so much that you empty your lungs completely from all the air you have inhaled. This enables you to add the maximum amount of new fresh and potent air and Life-force.

4. Breathe Continuously

Breathing Continuously means that you pick up your inhale immediately after your exhale is completed and you start your exhale immediately after completing your inhale. This is also referred to as Circular Breathing, without any stopping, holding, leaving gaps or pauses between your inhales and exhales.

- ◆ Your *inhale should quickly and fully inflate your lungs*, like you inhale when you are passionate, emotional, or exerting yourself. But not before you have **completed** your exhale. That would make you run out of new air-space.
- ◆ Your *exhale should quickly and completely empty your lungs*, like the exhale of a sigh, where you surrender, let go and accept what is. But not so early that you start the exhale before you have **fully inflated** your lungs.

Breathing Continuously is breathing with a passionate tempo and rhythm.

5. Be Relaxed

Being Relaxed means that you refrain from anything that takes you away from connecting with your innate, effortless, self-sprung, already perfectly existent Life-force, i.e. *you* trust, let go and get out of the way.

If you are unaware, think, or move, you will waste any increased Life-force energy and remain stuck in homeostasis, and your current repetitive life.

- ◆ *Surrendering your exhale*, means to let the exhale out without slowing it down or holding it back, without pushing, helping, or speeding it up. Let it fly out effortlessly, and without any sound.
- ◆ *Surrendering your body*, means to not tense up or move, but instead to lie still and relaxed, while allowing all your physical experiences.
- ◆ *Letting go of controlling your feelings*, allows you to experience your healthy living emotions, without drama.
- ◆ *Surrendering your mind* means to give up fabricated thoughts, beliefs, opinions, visions, trying or exploring, i.e. Don't think.

Common Experiences

You may have some of the following experiences at some point during Natural Breathing.

If you know what kind of experiences you can expect to show up during a Natural Breathing session, then, when they do show up, you will remember that your experience is normal and that you can safely surrender to it.

A Natural Breathing session amplifies the experience of your current life. It is a conscious experience, unlike hypnosis. As a Breather you can listen to and talk with your Coach.

Any of your sensations will cease within moments of noticing them, if you don't do anything with them and just stay with your experience.

♦ Physical sensations:

- You may have some short-lived sensations, that would normally make you stop what you are doing, such as being light-headed, dizzy, or foggy, having dry lips or throat, and feeling cold and then warm, without the external temperature having changed. What is really happening here is that your Breathing Control System is trying to get you to stop your Natural Breathing. When you continue Natural Breathing for another moment, these sensations will go away and won't return in this session.
- Natural Breathing builds up Source Energy in your body, so you can live a freer and more successful life. The increase of Source Energy is experienced as a Tingling sensation. The amount of Tingling you experience indicates how much new Source Energy you have added and how successful your session is. Tingling is a heightened vibration frequency of your spirit in your cells.

If you have a tingling or other sensation in any part of your body, this body part is waking up. This is contrary to the usual language interpretation that this sensation is the body numbing out or falling asleep. If, for example, your foot is really falling asleep, you would be less and less aware of it. Since you are becoming more and more aware of the tingling of your foot, it is waking up. Tingling feels like the body is vibrating with a very high frequency. When you become aware of experiencing your body, then you can celebrate the new sensation of a tingling body. A tingling body is a body that is very alive, so this is something you strive to achieve.

It is important to identify your belief about your experiences, because the various interpretations of your experience each demand a different response. If your foot is *truly* falling asleep or numbing out, you should be trying to prevent that. If the foot is waking up, you should be encouraging and enjoy your experience. Stopping your sensation, according to what the first interpretation advocates, would actually be stopping your aliveness.

- If you need to swallow or cough, complete that, without judging it and when finished, go back to your Natural Breathing.
- You may feel like a tear is rolling down your cheek or something is crawling on your skin, but when you look you find that there is nothing there. This is what it feels like when your Source Energy opens up blocked pathways in your body.

- You may feel numb. Numb should mean that you feel nothing. Since you are having an experience, it is a mis-label of becoming aware of parts of yourself of which you were previously unaware.
 - You may experience feeling heavy or light. These are good experiences. Feeling heavy can be remembering the experience of being in air atmosphere for the first time. Feeling light can be a release of holding on.
 - Your body may feel like it wants more air and goes for it. You may feel like you just want to keep breathing or you may feel like your breathing has taken over and you have, what we call, a Breath Release.
 - You may have Tetany, which is a tightening of your mouth, hands and maybe arms. This will be very surprising the first time, as it feels like you are losing control of your body. This is temporary, and you will be completely normal after the session. Tetany is a good sign, because it means that you are breathing well and beyond the Breathing Threshold, and opening up new territory.
- ♦ Feeling emotions:
- You may experience emotions. These are always resolved quickly, and you always leave the session feeling balanced.
 - Feel your emotions. Don't express them. Expressing emotions is experiencing the expression of emotions and not feeling the emotion. Expressing an emotion is actually avoiding feeling the emotion.
- ♦ Memories:
- You may have memories during your session. They are just fleeting by your consciousness window. They will be integrated quickly, if you don't investigate and thus prolong them.
 - If you have thoughts and speculations during a session, let them go.
 - You might feel inspired with a lot of creativity. That will help your doing, but not your awakening to be a healthy successful person.
 - You may have insights, Ahas, realizations and inspirations or receiving answers to questions you have had for a long time.
 - You may see visions, images, and colors. Let them go, since they are engaging your mind instead of connecting with your True Self.
 - You may feel freedom with an increased feeling of bliss and gratitude.
 - You may get a deep sense of self-acceptance and well-being.

Interpreting your experiences correctly

When you breathe well, you may uncover thoughts, such as "this isn't working". This is because the process *is* really working. What actually is happening is that your aliveness got stuck in the past of thinking "this isn't working" and now your Natural Breathing has pushed this old thought to the surface, for release.

For example: If, at your birth, you thought "I am doing this wrong", "This is not working", "I can't do this", you may think that "this works for everyone else, but not for you. If this happens, remember that you are releasing this thought, instead of believing that this thought is true. Notice instead that you are breathing, and are very much alive.

What To Do With Your Experiences

Completing your memories

If you have a memory, it is because you just let go of suppressing it and you got a glimpse of it as it flashed by your consciousness, as it was released.

If you don't put any more attention on your memory, but instead continue enjoying your breathing, it will quickly be completed. The less you cling to your memory, the sooner you can enjoy an even deeper level of Your True Self.

If you have a memory, you are best off remembering that it is a memory. It is not created now, and it is not really happening at the present time, but an uncovered memory of your past.

Here is a metaphor of how to effectively drive down the highway of your life

Just as you can use your car to travel to new destinations, you can use your breath as a vehicle to expand your life.

When you let go of your emergency brake and speed up your breathing, you get to enjoy cruising on beautiful roads, to new and exciting destinations. On your adventurous journey you will pass by billboards. You can easily reach your new destinations, if you don't slow down to consider the billboards, but just notice them as they pass by your consciousness and disappear behind you, into your past.

You may notice your distracting sub-conscious and conscious billboards from the corner of your perception, but just as you can't engage in limited breathing while living a healthy successful life, you can't focus on the billboards and enjoy your driving at the same time. To enjoy a successful ride, you need to focus on your driving, and successful living comes from Natural Breathing.

If you get fascinated with one of your billboards, you will slow down and maybe even park your car and discontinue your adventure, by resisting and struggling, and blocking the flow of the Five Breathing Basics.

Sooner or later you will continue on your Healing-journey and leave the billboards of limited breathing and thinking behind you.

The more you accept and allow, the faster you move on down the highway, the freer you are to live a limitless life.

The effective way to improve your life is to notice, accept, and keep breathing and keep going. Nothing is so important that it is worth stopping breathing for.

**ENJOY all your experiences,
or at least conceive of them as INTERESTING and then let them go.**

Session Logistics

Logistics for a Natural Breathing session

- ◆ Prepare a place to lie down, without any props, like pillows etc. Don't make it too comfy, because that will make you unconscious. This is for transformation.
- ◆ Go to the restroom.
 - Go to the restroom before your session, because one hour of Natural Breathing increases the blood circulation, making your kidneys filter more effectively, which will fill your bladder. If you go to the bathroom before the breathing section, you probably will not have to go and be distracted in the middle of your session.
 - If you need to go to the restroom in the middle of your session, you can, and that is better than trying to hold it and be tight.
- ◆ Take off your shoes and glasses and any sharp or cumbersome jewelry.
- ◆ Lie down in a relaxed position. If you think you want to physically move, or you notice that your jaw, hands, or shoulders tighten up, try not to move, tighten up, or stretch.
- ◆ Blankets or covers are OK, but not necessary.
- ◆ Keep your head and neck straight and relaxed. Keep your head basically in line with the center of your body.
 - Don't use a pillow, because it will lift up your head or legs and elongate and tighten the back of your neck or the front of your legs, which will waste energy.
 - Don't turn your head to the side, because that is sleep-inducing. Keep your nose pointing straight to the ceiling.
 - Don't turn your head to the side when you listen to or speak with your Coach. That takes effort and disperses the Life-force that you are building up. It also takes your focus away from experiencing your body.
- ◆ Keep your hands and arms relaxed. Don't clasp your hands, hold them on top of each other, put them in your pockets, or lie on them. Don't move your hands and arms into "an open position". You can keep your hands on the side of your body or resting on top of your body, in a way that they fall naturally. You may keep one hand on your chest and the other on your belly, noticing if you start to breathe in your belly, instead of into your chest.
- ◆ Keep your legs straight and relaxed. Don't cross your legs or bend your knees. Don't keep your legs tight together or far apart. Let them lie where they are most relaxed, where the feet are at the same distance from each other as width of your hips.
- ◆ Generally, keep your eyes closed.
- ◆ Let the air flow freely through your mouth and throat, without making any sound. Sounds come from tightening your mouth or throat muscles, thus wasting energy.
 - If you need to swallow, cough or sneeze etc. do it, without judging it, and then come back to your Natural Breathing.
- ◆ Find a balance between being emotionally available, but not too dramatic.
- ◆ The time it takes to do a Natural Breathing session is around an hour. Then add about 15-30 minutes of integration.

Witnessing a Natural Breathing Session

The benefits of witnessing another person doing a Natural Breathing session

The reason it is good to watch and support others to breathe in this training, is so you can perfect your own breathing. Watching others breathe, teaches you what effective and ineffective breathing looks like. Once you witness others do a Natural Breathing session, it is easier to surrender to your own breath.

In the beginning, when you watch someone else do Natural Breathing, you might be surprised at what Natural Breathing looks like, from the outside. Remember that your Breather is safe. Celebrate your Breather's courage to choose real change.

Natural Breathing does not put your Breather in an unavailable state but makes the Breather more present. The two of you can talk normally, but don't talk so much that the Breather's Natural Breathing is lost. Natural Breathing does not render a Breather disabled, but they continue to be able to make decisions and choose what they want. Don't take control away from your Breather, rescue, or decide what is best for them.

A Breath Coach's roll is to witness and support. The Breath Coach helps when the Breather asks for something during the session, such as a blanket, Kleenex, etc. and Breath Coach reminds and guides the Breather to do the Five Breathing Basics.

Here are the things to focus on when supporting somebody in a Natural Breathing session.

- ◆ The Breath Coach should be of help, and support the Breather, if they need it.
- ◆ The breath is what brings in Life-force and is the actual healer.
- ◆ Affirming Presence is the supplier of the air, not the Breath Coach.
- ◆ A Breather breathes themselves. No one can make another person breathe.
- ◆ A Breath Coach's awareness and loving presence is good support.
- ◆ There is nothing a Breath Coach needs to do to provide a good session.
- ◆ As a Breath Coach you should make sure you are breathing through your mouth yourself and that your breath is open and free. Sometimes, take a deep Breath, to feel your own open breath.

PRACTICE

Exchange a Natural Breathing session.

The Breather breathes while applying the Five Breathing Basics.

The Breath Coach focuses on observing the Breather's Five Breathing Basics.

If there is a lack of any of these, the Breath Coach first applies to themselves, what they perceive the Breather lacking.

Contemplate what you got out of the session.

Journaling

It helps the Breather to be aware of, remember and integrate the session deeper if they write down their experience of their session.

Do your journaling soon after your session, because as your memory is fresh you can use more of its healing power.

Operating Program

Your Operating Program is how your projects proceed.

The purpose of identifying your Operating Program is so you can switch from repeating your failures, to being able to consciously choose to be successful.

When you realize that the failure or success of your projects repeat themselves, you can deduct that your projects proceed according to a certain program.

Taking a closer look at some of the important projects in your life, including your first Incomplete Experience, you will find a repetitious and predictable program.

Once you recognize that you have learned this program, through your life experiences, you know you can re-learn and re-program yourself and your future projects.

**Your first Incomplete Experience
programmed you with how to proceed with your future projects.**

The development stages of your Operating Program

When you were formed and became an individual, you went through change. You went from conception, through pregnancy and delivery to be an individual.

These development stages can be seen throughout every one of your projects.

You will activate your Operating Program every time you engage in a project. It is like a program stored on your hard drive that gets activated when you change.

To be sure that you have identified your Operating Program, your current situation and how you were programmed, must match.

Your Operating Program stages:

- ◆ Conception Program – Conceiving, planning, and the start of a project.
- ◆ Production Program – Producing the project.
- ◆ Delivery Program – Completing the project.
- ◆ Distribution Program - Dis-engaging from the project, so it will have its own life.

Your unique program of how to your projects proceed is repeated in how you went through school, engage in sports, get a car, get a job, go on a vacation, move, get married, etc.

Example: If your Operating Program is to start off quickly and then feel controlled and stuck, then you get excited about buying that new car, but you get stuck on that loan application or you are excited about moving, but then are unable to deal with the complications involved in going through with it.

Mastering your Operating Program

To re-program yourself you need to identify your Operating Program and then proceed with your project in a different way, than you have in the past. You can do this easily with Natural Breathing. You can also logically transform your program by creating a new context.

Conception Program

Your Conception Program is the beginning part of your Operating Program and the way you have learned to conceive of and start projects.

The origin of your Conception Program

Your conception circumstances and the experience of entering your womb became the blueprint for how you start and get going with projects.

Here are some possible circumstances that molded your Conception Program:

- ◆ Your conception environment may have been a party, at home or an unfamiliar place or a honeymoon. Where are you inspired to new ideas?
- ◆ Your parent's marriage status. Are your projects legitimate or dubious?
- ◆ Your parents' intimacy level. How is your relationship with your projects?
- ◆ Were you planned or perhaps your mother tricked your father to save the marriage or did your mother get pregnant to rebel? Do you plan your projects, or do you fall in to them or do you join projects to get away from something?
- ◆ Your parents' financial situation. How do you finance your projects?
- ◆ You may have been conceived together with other spirits. Do you come up with projects yourself, or is it a brainstorming with others?

Your Conception Program affects you now

Example: If you were conceived according to a plan, you will find yourself invited to join others in their projects.

Example: If you were conceived by accident, you will accidentally fall into projects.

Example: If you were conceived outside the conventional social structure, you will coax yourself into projects or coax others into your projects.

Changing your Conception Program

When you become aware of your Conception Program, you can choose to keep it or change it, by consciously choosing your new thinking and actions.

Deciphering your Conception Program

- ◆ Get information from your Natural Breathing sessions.
- ◆ Notice how you start projects. Observe the circumstances when you are creative.
- ◆ Study your parents' situation and circumstances around your conception.

These will give you have an indication of how you were conceived.

Conception Program					
Experience	Reason	Decision	Result	Healing	Career
Planned	Your parents wanted you.	I'm wanted.	I am taken care of.	Celebration.	Anywhere you are popular.
Accident	Your parents didn't think anyone was waiting there.	<ul style="list-style-type: none">▪ I'm an accident.▪ I shouldn't be here.	<ul style="list-style-type: none">▪ Accident prone.▪ Doubt if I am accepted.	Realize you were meant to be here.	Emergency crew.
Illegitimate	<ul style="list-style-type: none">▪ Conceived out of wedlock.▪ No birth-control by choice.▪ One parent tricked the other.▪ Rape.	<ul style="list-style-type: none">▪ I'm illegitimate.▪ I'm unworthy.▪ I'm unwanted.	<ul style="list-style-type: none">▪ Guilty planning▪ Over planning.▪ Pleaser.▪ Feeling rejected.	Realize that everyone has the right to be here.	Anything rebellious.

Common Conception Doubts	Repairing Creative Questions
Why I'm not wanted?	Why am I wanted?
Why am I illegitimate?	Why am I legitimate?
Why am I a mistake?	Why am I the right thing?
Why am I an accident?	Why am I a wonderful surprise?
Why am I not planned?	Why am I chosen?
Why am I an intruder?	Why do I belong?

EXERCISE

My Conception Program.

Imagine entering your womb or conceiving a project.

What I know about my conception: _____

What I was thinking at my conception: _____

Did my parents plan my conception or was it an accident _____?

The reason my mother conceived me: _____

The way my mother felt during my conception: _____

What my mother was thinking during my conception: _____

The reason my father conceived me: _____

The way my father felt during my conception: _____

What my father was thinking about at my conception: _____

The way I conceive projects: _____

My main Conception Program: _____

The new way I choose to start projects: _____

Production Program

Your Production Program is the way you take care of and nurture your projects.

Your Pregnancy time in the womb, taught you how things grow into maturation and is now the way you handle your affairs.

The origin of your Production Program

The 1st Trimester - During the beginning of a project, before serious commitment and investment is made, the baby and the project can easily be dropped. There can be a miscarriage or an abortion.

Your mother's reaction when she realized she was pregnant and your father's reaction when he discovered that you were there, becomes the program for how encouraged you are to do your projects.

Your Production Program affects you now

If the baby was not wanted, or if the mother had a health problem, the baby might have felt threatened or believed that it was the cause of the problem. This leads you to not want to be too alive and unable to nurture your projects.

If you had pleasure and support in the womb: warmth, safety, all needs taken care of, and a sense of peace, you learned that you and your projects are supported.

The circumstances around your pregnancy, your parents' relationship, their own parents' influence, their finances, as well as their work and living environment becomes the circumstances around how your own projects develop.

An older sibling's response may have been to look forward to having someone to play with, or to feel that you will take attention away from them. This leads to teamwork, competition, or giving up.

The way you respond when your project has grown so much that it starts to show – the 2nd Trimester - and people start to know about it, has an impact on how you and your projects get welcomed.

The child identifies with the mother because of being inside her. Her health and happiness, her sleep habits and living environment, all affect the child. This is similar to how the environment molds your projects.

Change your Production Program

When you become aware of your Production Program, you can choose to consciously give your projects supportive attention.

Decipher your Production Program

- ◆ Get information from your Natural Breathing sessions.
- ◆ Notice how you take care of your projects.
- ◆ Study the circumstances around your pregnancy.

Observe the circumstances when you are productive, nurturing, and loving, and you will have an idea about your pregnancy.

Production Program					
Experience	Reason	Decision	Results	Healing	Career
Check-ups	To make sure the mother and baby are healthy.	Maybe there is something wrong with me.	<ul style="list-style-type: none"> Check-ups are a part of life. Hypochondria. 	Trust life.	Checking careers.
Expected with delight	Really wanted.	I am a joy.	People love me.	Enjoy yourself as a gift.	Someone to be celebrated.
Previous abortion or miscarriage	<ul style="list-style-type: none"> Parent(s) didn't want. Womb not fit. Baby not healthy. Baby didn't want to stay. 	<ul style="list-style-type: none"> I'm in the wrong place and time. I have to die to live. 	<ul style="list-style-type: none"> Tendency to abort things in the 1st trimester. Fear of dying. 	Remember that they have completed that experience and that now their lesson is different.	For justice.
Attempted abortion	<ul style="list-style-type: none"> Not wanted. Not ready. Wrong time. Wrong circumstances. 	<ul style="list-style-type: none"> Someone is out to get me. I'm not wanted. I'm wrong. 	<ul style="list-style-type: none"> Death urge. Problems with trusting people. Generalized fears or paranoia. 	Remember that truly nobody wanted an abortion, or it would have happened.	Protection.
Toxic womb	<ul style="list-style-type: none"> Mother sick. Mother being involved with drugs. Mother feeling angry or guilty. 	<ul style="list-style-type: none"> I'm poisoned. I'm threatened. I have to avoid toxins. 	Feeling threatened by the environment.	Recognize that the environment is safe and pure.	<ul style="list-style-type: none"> Environmentalism Interior designer. Cleaning industry. Feng Shui
Wrong Sex	Parents had their mind set on a child with a certain sex and baby was the other.	<ul style="list-style-type: none"> I'm a disappointment as a boy/girl. I'm wrong as a boy/girl. I'm not good enough as a boy/girl. 	Problems and confusion of sexual identity.	Realize that the sex you chose is the right sex.	

Common Womb Doubts	Creative Questions
Why don't I belong here?	Why do I belong here?
Why do I have to be here?	Why do I want to be here?
Why is this such an unfriendly place?	Why do I like it here?
Why am I not welcomed here?	Why am I supposed to be here?
Why am I not wanted?	Why am I wanted?
Why am I not wanted as a boy/girl?	Why am I wanted as a boy/girl?
Why am I not safe?	Why am I safe?
Why am I not supported?	Why am I supported?
Why am I not loved?	Why am I loved?
Why am I ignored?	Why am I noticed?
How can I get out of here?	Why is it safe to stay here?
Why am I trapped here?	Why is it safe for me to be here?

EXERCISE

My Production Program.

Keep a pen ready.

Take a Natural Breathing Snack.

Write down your responses to the following inquiry.

Imagine being in your womb and notice how you take care of your projects.

What I know about my womb experience is _____

My mother's response when she realized I was here _____

My father's response when he realized I was here _____

Any older siblings' reaction to my arrival _____

My parents' relationship during my pregnancy _____

My parents' living conditions during my pregnancy _____

My parents' financial situation during my pregnancy _____

My parents' work situation during my pregnancy _____

My parents' response when I started to show _____

The way I take care of my projects _____

My Production Program is _____

The way I now choose to take care of my projects is _____

Completion Program

Your Completion Program tells you how to finish your projects.

Your birth gave you the imprint of how things are completed and is now how you complete your projects. The way you complete your projects is shaped by the normal and problematic experiences you had during your birth.

The baby is the one who chooses to come out when it wants to. It triggers labor by secreting a hormone. This is so, unless you were induced or a cesarean. You choose when and how to finalize your projects, unless you are forced by deadlines.

A typical hospital delivery looks something like this:

- ◆ Bright lights.
- ◆ Loud noises.
- ◆ Temperature drop.
- ◆ Your weight increase from being buoyant in the womb to heavy in the air.
- ◆ The atmosphere change from liquid to air.
- ◆ The umbilical cord was cut before you had learned to breathe.
- ◆ The sucking out the amniotic fluids from your mouth and throat.
- ◆ The baby may be hung upside down and hit to take its first breath. This is the experience that everyone else celebrates.

It used to be thought that babies were not conscious and sentient at birth. Scientific studies and your personal experiences indicate that you were conscious and totally sensitive and responsive at birth.

Now psychology recognizes how conscious babies really are from the start.

Over the last 30 years, studies in Pre- and Post-natal psychology have proven that unborn and new born babies are conscious, thinking, and decision-making intelligent beings.

Many of the delivery characteristics can appear together.

Don't get too focused on trying to figure out your program. Allow time and breathing to unravel your story.

The biggest effect on your life does not come so much from the way you were born, but the decisions you made. Two people can have the same birth scenario, but with different decisions. The physical delivery is healed quickly, but the psychological effects, which include the emotional and the mental realms, take longer to heal. The psychological effects are not healed until the trauma or Incomplete Experience is completed.

Changing your Delivery Program

When you become aware of your Delivery Program you can choose to keep it or change it, by consciously choosing to nurture your projects.

Deciphering your Delivery Program

- ◆ Get information from your Natural Breathing sessions.
- ◆ Notice how you complete your projects.
- ◆ Study your birth, your birth records, and information from your parents, family and friends.

Observe the circumstances when you are finishing up a project and you will have an idea about your delivery.

Completion Program particulars
See Appendix 1, page 241

Your Completion Program affects you now

The way you were delivered is now the blueprint for how you complete your projects.

Example: If you had an easy and quick birth it is easy for you to quickly accomplish what you set out to do.

Example: If you were a forceps delivery, you need someone to help you complete your projects.

Common Delivery Doubts	Creative Questions
Why am I not safe?	Why am I safe?
Why is life a struggle?	Why is life easy?
Why do I have to fight to live?	Why is it easy to be alive?
Why am I afraid of letting go?	Why is it safe to let go?
Why does pain follow pleasure?	Why does pleasure follow pleasure?
Why can't I trust people?	Why can I trust people?
Why does letting go lead to separation and pain?	Why does letting go lead to more intimacy?
Why is the source of love outside me?	How am I connected with the source of love?
Why does life feel like hell?	Why is life heaven on earth?
Why does my body cause pain?	How does my body give me pleasure?
Why doesn't anybody want me?	Why am I wanted?
Why is somebody out to get me?	Why is everyone supporting me?
Why is the universe hostile?	Why is the universe friendly?
Why do I have to be separate to survive?	Why can I be connected and survive?
Why can't I survive without struggle and pain?	Why do I thrive when it is easy and pleasurable?
How can I get out of here?	Why can I feel at home here?
Why can't I make it?	Why can I make it?
Why am I helpless?	Why am I strong and powerful?
Why am I alone and separate?	How am I connected to the ones I love?
Why does men hurt/women hurt me?	Why do men/women nurture and care for me?
Why is it scary to come out and show myself?	Why is it fun to come out and show myself?
Why am I rejected?	Why am I welcomed and loved?
Why am I not supported?	Why am I supported?

EXERCISE

My Completion Program.

Imagine exiting your womb and completing a project.

My main experience during my delivery was _____

My main experience when I complete projects _____

My main delivery thought was _____

What I feel when I complete projects _____

The way I complete my projects _____

My Main Completion Program _____

My new Completion Program and the way I now choose to complete projects _____

Distribution Program

Your Distribution Program is how you were welcomed into the world and how you market and distribute your projects.

The origin of your Distribution Program

What happened during the time after your birth gave you the imprint of how things are distributed and received and is now how you market, distribute, and share your products and projects.

The after-delivery experience of having your umbilical cord cut and becoming a separate individual is like how a project is separated from its creator.

Separated from mother at birth

Sometimes the baby is taken away from the mother at birth. You may have wondered where you were and where she was, or if you hurt her. What happens to your projects is out of your control.

Holding and touching

Holding the child after the delivery is the best way to have the child recover from the birth experience. This is how you are compensated for your creation.

How you were nourished

How and when you were fed has an impact on how you deal with nourishment today. Nourishment can take the form of food, money, love, attention, sex, and even business.

Your Distribution Program affects you now

Your after-delivery experience is your blueprint for how you let go of your finished projects, and how your projects are sold and received.

This is where you learned how to engage with people and to get people engaged with your projects. This is where many marvelous inventions are lost. People can create, but 80-90% of a product's / project's success doesn't come from how good the product / project is, but how well it is marketed.

Example: If you, after your delivery, were taken away from your mother, if you scored OK on the usual Apgar testing, and then were stashed away in a nursery, your projects will be tested, approved, and then filed away.

Example: If you, after your delivery, were put on your mother's belly, if you received the breast and were looked upon with love and appreciation, your projects will be nourished and received with appreciation.

Changing your Distribution Program

When you become aware of your Distribution Program, you can choose to keep it or change it by consciously choosing to continue to market, sell, and share your passion for your projects.

Deciphering your current Distribution Program

- ◆ Get information from your Natural Breathing sessions.
- ◆ Notice how you distribute and let others know about your products / projects.
- ◆ Study your after-delivery records, and what people can tell you.

Observe the how you market your projects and you will have an idea about your success.

Distribution Program					
Experience	Reason	Decision	Results	Healing	Career
Taken away from mother	Mother unconscious or having a problem. Hospital procedures. Baby having a problem	I have to be separate to survive. Did I hurt mother?	Feeling lost. Disoriented.	Engage	Coach Entertainer
Lack of holding	Mother is unconscious. It was thought that it would spoil the baby.	I crave being held. I don't like being held.	Feeling unwanted. Craving contact. Yearning for love.	Explore how awareness of yourself feels embarrassing.	Hospitality & travel industry.
First touch	Since a baby's skin is delicate, cleaning it up is a stressful event.	It hurts to be touched.	Protecting one's space. Contact sports.	Get touched.	Massage therapists Bodyworkers.
Erythromycin eye drops	Eye drops after birth is to prevent possibility of pink-eye.	My eyes hurt.	Eye tests. Eye problems.	Complete any original traumatic experience.	Eye professionals
Vitamin K injection	To prevent bleeding disorder.	I am being attacked. I am being saved.	Distrust. Protecting oneself.	Complete any original traumatic experience.	Health professionals
Weighing	The medical world believes it needs information to be safe.	My weight is important. Dieting.	People use weighing to gauge their health status.	Listen to what your body likes and dislikes.	Nutritionist
Examining & testing	The medical world believes it needs information to prevent.	I need to be checked to find out if I am OK.	Life check-ups.	Learn to feel your own body.	Health professionals
Breast fed	Natural	Good bonding	I am loved. I get attention. I am nurtured.	Feel blessed.	Enjoy support. Enjoy success.
Formula fed	Believing it was better. Mother not producing enough milk.	I have to get my food from somewhere else.	Formula sets us up for needing loans (debts) and credit cards.	Reconnect with your Life-force.	Loan providers.
Fed on-demand	Instinct.	I am nurtured when I want to. I get as much as I want to.	I get paid whenever I need or want to. I get as much as I need or want to.	Enjoy your instinct.	Self-employed
Fed on-schedule	It was thought that it was better for the baby.	I have to eat when they want me to. I get what they want me to have.	I have to wait for my paycheck. I have a limited supply. Others will not nurture me.	Know you are the creator of your experiences.	Employee
Circumcision	Religious, habitual, and presumed cleanliness reasons.	My manhood is being attacked. My manhood creates pain.	Fear Mistrust Guilt Feeling punished. Fear of sex. Sex-offender.	Nurture and celebrate your masculinity.	Rebellious

Common after delivery Doubts	Creative Questions
Why do I have to be separate to be alive?	Why can I be connected and alive?
Why am I not OK as I am?	Why am I OK as I am?
Why is there something wrong with me?	Why am I perfect?
Why am I in danger?	Why am I safe?

EXERCISE

My Distribution Program.

Imagine being in the world, with your new project.

My first experience as a separate individual was _____

My first experience of others as individuals was _____

The way I experience myself, when I share my products / projects is _____

The way I am received when I share my products / projects is _____

My main distribution program _____

The way I celebrate my products / projects _____

The ways others enjoy my products / projects _____

My Operating Program

EXERCISE

Getting clear on my Operating Program.

Write down the details of your Operating Program.

Choose which aspects you want to keep and which aspects to re-program.

My Conception Program _____

The way my Conception Program plays out _____

The new way I want my Conception Program to play out _____

My Production Program _____

The way my Production Program plays out _____

The new way I want my Production Program to play out _____

My Delivery Program _____

The way my Delivery Program plays out _____

The new way I want my Delivery Program to play out _____

My Distribution Program _____

The way my Distribution Program plays out _____

The new way I want my Distribution Program to play out _____

The Time Sequence of Programs

The first time you went through change you followed a certain time interval. This set up your Operating Program to now appear according to a certain time sequence.

The time sequence occurs as numbers, which repeat over and over again. The number is less than 9 or factors of the number 9. For example, the number 3 will have an impact at three days, three weeks, three months, and three years. It will also have an impact when the number is coming back around again, like 1x3, 2x3, 3x3 and so on.

For example, if you find it easy to start projects but give up on them, lose interest, and want to start another project after three months, your first experience may have been that it was easy to be conceived and be in the womb for three months, and then you lost your commitment to follow through on the pregnancy. Your relationships would then be exciting for three months and then end. Your jobs are also interesting for three months and 3 years and then loses their charm.

Another example may be that you like to do projects, but when they start to take shape after about six months or so, you don't like them anymore. This is like being in a relationship as long as it is not officially known. Or you like to help out with a project, but then after six months, you become too big for the job. This is often based on having a great time in the womb for about six months, but when you started to show, as your mother's extended belly, it was inconvenient or embarrassing.

Healing your time sequence

When you realize what your time sequence is, you will know *when* you will have the tendency to act in a predictable manner.

If you choose to act differently or according to another time interval, you will re-program your time sequence.

Knowing your time sequence ahead of time, leaves you prepared to choose to not react in your usual manner and to change your otherwise predictable future.

When you study the big changes that you have had in your life and decipher their time sequence, you will be prepared when your repetition will click in.

In order to change your repetition, you need to change your usual inclination to behave in a certain way. If you usually leave at 3, choose not to leave at 3. You can leave at 2 or 4, but that will not seem attractive. Not leaving at 3, re-programs the way you go through change and sets you free.

You might not get your change completely right the first time, but through practice, you will get a handle on it and eventually change your life.

EXERCISE

Discovering the Time-Sequence of my Operating Program.

Write down the different facets of your Operating Program.
Choose which facets you want to keep and which facets to re-program.

Something /someone I got involved with and started (For example: Starting my first important relationship or first job. What were the circumstances? How long did it take to get going?) _____

My Conception Program _____

This clicks in when _____

Something I want to change about my conception repetitions _____

My new Conception Program _____

Something I have taken care of (For example: Your home. How did you nurture it? How was it supported by others? How long did you nurture it?) _____

My Production Program _____

This clicks in when _____

Something I want to change about my production repetition _____

My new Production Program _____

Something I have accomplished (For example: Your education. How were your exams and graduation? How long was your graduation?) _____

My Delivery Program _____

This clicks in when _____

Something I want to change about my delivery repetition _____

My new Delivery Program _____

Something I have inspired others to (Are there any specific circumstances around your marketing of yourself? How long have you been passionate about it?) _____

My Distribution Program _____

This clicks in when _____

Something I want to change about my distribution repetition _____

My new Distribution Program _____

First Inhibiting Scenario

During your conception, pregnancy, delivery, after birth or later, you had your first traumatizing experience, where you made a life-changing decision that has impacted how you live your life.

This was a shocking scenario that has repeated itself throughout your life, and especially noticeable when you have been going through change.

By identifying what scenario has repeatedly appeared in your life, you can identify what this first specific scenario was, what happened and how you responded. Having highlighted this, you can delete it and re-program yourself.

EXERCISE

My main repeating inhibiting scenario.

A re-occurring inhibiting scenario I have is: _____

My first inhibiting scenario was: _____

PRACTICE

Exchange a Natural Breathing session, focused on your Operating Program.

Coach shares how you feel about giving support _____

Breather shares how you feel about receiving support _____

Coach shares something you would like to get from supporting this session

Breather shares something you would like to be supported with in this session

Journal what you got out of the session _____

Mastering Change

Main Points

Natural Breathing appears naturally when you stop sub-ventilating.

Natural Breathing activates your aliveness.

Your Healing-journey is to let go of resisting change.

All experiences need to be completed, or you get to live a limited, repetitive, predictable, and programmed life.

Your Life-lesson is to Accept and Make Peace with your first and major Incomplete Experience – your Life-issue.

The way you operate, and handle changes, comes from the way you have been programmed. Your first programming of going through your conception, production, delivery, and individualization is your most powerful programming of how you now progress with your projects.

Surrendering to Natural Breathing is a simple way to become aware of and Master Change.

My experience and understanding of Mastering Change!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to Arne@UnlimitedBreath.com.

Name _____ Date _____

Something I have learned about Mastering Change _____

Something I have experienced with Mastering Change _____

A way I have Mastered Change _____

How Mastering Change affects me _____

My questions and concerns _____

Exchange a Natural Breathing session where you focus on the Five Breathing Basics.

What I noticed when I was the Coach _____

What I experienced when I was the Breather _____

Exchange a Natural Breathing session where you investigate your Operating program.

What I noticed when I was the Coach _____

What I experienced when I was the Breather _____

The 2nd Challenge – Conscious Creation

MEDITATION

Take a Natural Breathing Snack.

Notice if you have thoughts.

Do you have thoughts you like and thoughts you dislike?

Do you have thoughts that makes false statements?

Can you change the thoughts you have that you don't like or are untrue?

Notice if you have control over what you are thinking.

The 2 Pillars

Conscious Creation requires you to master 2 pillars. If you only use Natural Breathing, you will increase your energy, and energize your old thinking and repeating result. If you only focus on Conscious Creation, you will create some results, but not complete your Incomplete Experiences and thus only get temporary change. You need both for permanent change.

The inevitability of creation

Life continuously provides you with experiences. Annihilation of your beingness or Life-force is impossible. There is the ongoing, underlying, experiential continuum. You are going to continue to have experiences indefinitely.

Through Conscious Creation you will mold your Life-force to show up as your personally designed experiences.

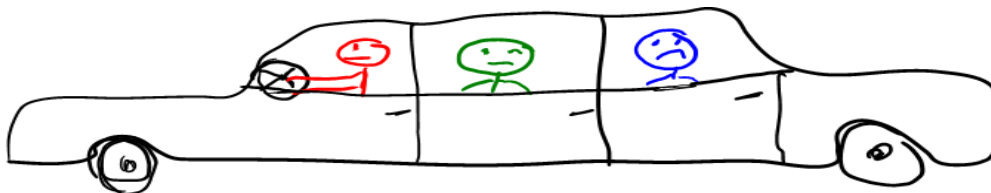
You can choose what you will experience

You can let your experiences appear repetitiously or randomly, or you can choose what you want to experience. Choosing what you will experience is important, from the Relative point of view, because unfavorable situations can cause you to suffer and get stuck, while favorable situations can spark your passion to Own Your Self.

Like going for a car ride, you have the ability to **choose your destination** because you can be in the driver's seat in the same way as you can choose your experiences by choosing what thoughts you entertain.

Your thinking is the part of you that reads your road map of where you want to drive to. Not choosing your thoughts is the same as **not deciding where you want to go and being an observer**. Then you may have a nice trip, drive around in circles, find yourself on tumultuous roads.

If you have **Incomplete Experiences**, you will find yourself struggling on old roads or parking under a bill-board and being engaged with your old programming.



If you want a change you have to choose new thinking. Just as the scenery from your car will not change unless you drive on new roads, your world will not look different unless you change what thoughts you entertain.

Your Healing-journey will complete your past

Whether you have conscious goals, or you live your life with unconscious programming, your Healing-journey will bring your mis-programming and Incomplete Experiences to your attention, for release.

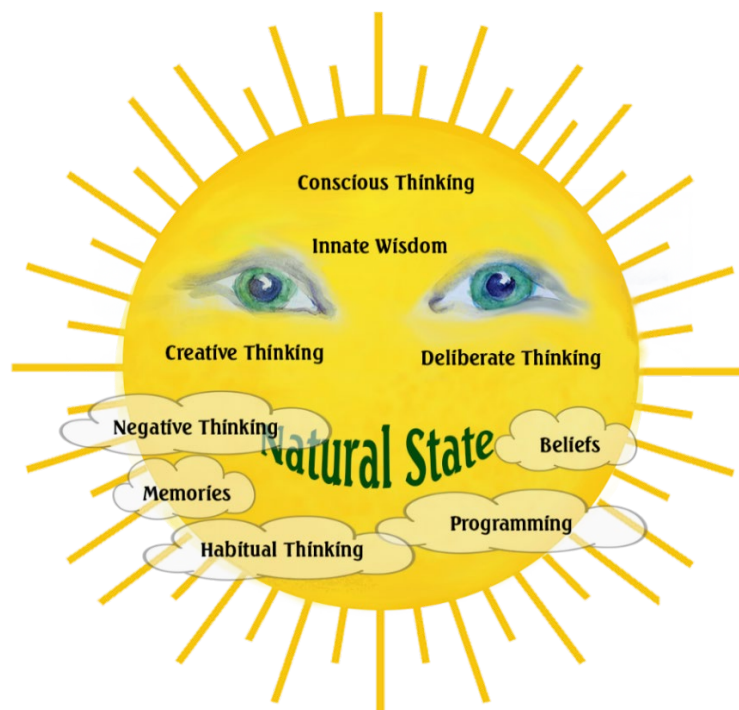
By choosing a goal, your old oppositional thoughts will become evident. Remember that you can enjoy the journey of learning and change and your Healing-journey towards your goal is more important than reaching your goal.

When you choose the destination of completing your Incomplete Experiences your Life-force will expand and if there are any opposing old hidden Incomplete Experiences that are in its way, those areas will be highlighted and completed.

You can create through your Natural State's Wisdom or Your Own Thinking

You can let your Natural State effortlessly empower your creativity by tuning into and vibrating with your Being, through awareness and Creative Questions.

When you are aware of your Presence, you are automatically connected with your spontaneous conscious wisdom, creative thinking and Innate Wisdom.



Or you can try to force a manifestation, without vibrating in alignment with what you want, but is temporary, lasting only for as long as you effort and force it.

If your consciousness is covered with the clouds of unconscious programming, mis-beliefs, memories, negative thinking repetitive thinking, and Incomplete Experiences, then you have temporary deluded limiting thinking habits.

Your limiting thinking obscures the treasure of your Innate Wisdom and blocks your creative power to create.

Transform your unconscious life to become your conscious life

If you are caught up in your Thinking Process or have an Incomplete Experience, you live in the repetitive and predictable unchanging world of your unaware Thinking Process much like a cloud covering the sunlight.

You are not your thoughts

You are not your thoughts. You have thoughts. With your Will you have the power to choose what thoughts you entertain and which you disregard.

Thoughts have no power without your attention

Thoughts gets their power from YOU ENTERTAINING THEM and believing that they are real. They have no life of their own. They have no power without you giving them attention. That is why it is important to discern what thoughts you cling to. Choose expansive thinking and let go of limited thinking.

Natural Breathing works like the wind blowing the clouds of your Thinking Process away from the sun of your Natural State and *releases and removes your limiting thinking*. The amazing experiences during Natural Breathing come from seeing the Natural State shine again.

Manifestation Process

There are 3 ingredients to the Manifestation Process

The process of manifestation is the same whether you create through your Conscious Wisdom or your Thinking Process.

1. The 1st ingredient is the incessantly empowering Source Energy.
It is the self-perpetuating and spontaneously appearing Life-force.
This Life-force is what creates you and your world. It is what fuels you and projects the results of your thinking.
2. The 2nd ingredient is your “Thinking Process”.
It can be the conscious fleeting thoughts and pearls of wisdom.
Or you can be caught in the unaware Thinking Process with programming and Incomplete Experiences.
3. The 3rd ingredient is your externally projected objective world.
It is the experience of your thinking, projected through the light of Source Energy, through your thinking, on to the canvas of your perceived world.

Living optimally means to be grateful for your Life-force, choosing your thinking, and consciously enjoying your manifestations and experiences.

The times you choose to still your thinking, you temporary stop the process of manifestation and dwell in the stillness of your Natural State and non-creation.

You can only alter your reality by changing the 2nd ingredient - Your Thinking Process

- ◆ You have no control over the 1st ingredient of the Manifestation Process.
Your Life-force is the force that continuously fuel your existence.
- ◆ The 3rd ingredient of the Manifestation Process is the finished resulting manifestation, and thus cannot be anything else.
- ◆ The 2nd ingredient of the Manifestation Process is your Thinking Process. This is the only ingredient that you have any control over. This is your playground and place where you can create change.

You have repeating manifestations experiences, because you keep thinking the same thoughts.

**Working with your Thinking Process
is the only way you can change
your projected manifestations.**

The Manifestation Process

Stage 1

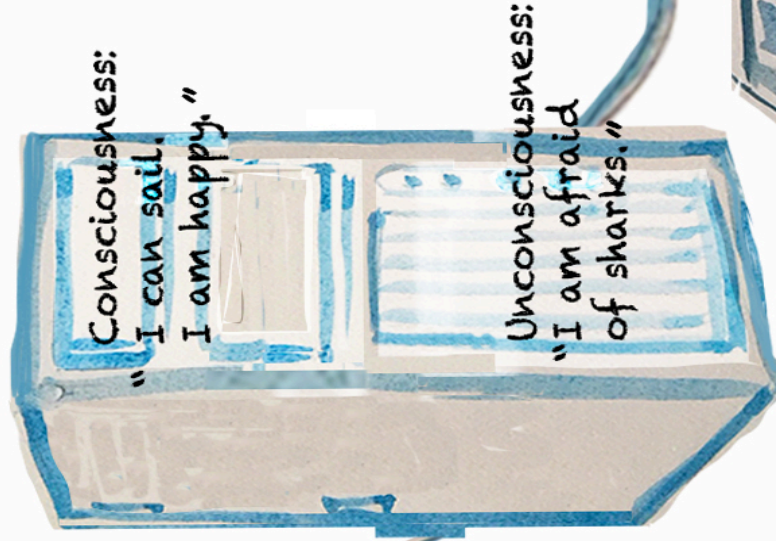
The Power
of Spirit

Stage 2

Your Thinking

Stage 3

Manifestations



RESULT



Computers vs. Humans

Your mind functions like a computer; in that you can stimulate and deliver responses. The difference between you and a computer is that unlike a computer, you can experience, and with your WILL, you have the ability *to choose* what programs you run.

Most people, unfortunately, don't exercise their freedom and ability to choose their thoughts and behave exactly like a computer – running on automatic with pre-coded thinking.

Your thoughts are like the computer's programs and documents. Your programs are repeating decisions and responses.

You can change your data and programs through the keyboard, internet, etc. just like humans collect and can change information through choosing new thoughts.

A computer shows its programming through the monitor, printout, etc. much like humans project their thinking, to be their internal and external appearances.

What you see on a monitor is not created by the monitor, in the same way that what see in your world is not created by your world. The monitor only shows what is programmed in the computer, just as your world only shows what you think about.

Putting whiteout on a screen hides what is underneath, at the cost of having to hide in a smaller world. The only way to really alter what you see on the screen is to re-program the computer – just like changing what thoughts you focus on is the only way to change your results.

Your Life-force is like the electricity. It doesn't have an opinion about what programs or thoughts you think. It is just movement, with potential to take any shape.

When you enter new information into a computer, your computer will ask if you want to save it. As a human you usually just accept any thoughts and information you are told or read about, whether it is correct and useful or not.

Once you delete a file on the computer, it will be kept in the recycle bin, until it is deleted again. In the same way as your programmed thoughts will remain as subtle habits, until those habits are changed.

Finding out what thoughts you think

When you look at your monitor or your projected world, you can identify what programming you are running and realize what thoughts you have been thinking, so you can consciously choose what thoughts to keep and what thoughts to change.

EXERCISE

My thoughts create my manifestations.

Write down your responses to the following inquiry.

A manifestation that I have is _____

The thought that is the cause of this manifestation is _____

Notice how your thoughts correspond with your manifestations.

The Thinking Process

The 2nd ingredient of the Manifestation Process - Your Thinking Process - consists of 2 phases of thinking.

Your Thinking Process is either asking questions or busy answering them.

1. The 1st Thinking Phase – The Questioning Phase – is the CREATIVE phase.
This is where your thinking is in the form of questions.
QUESTIONS ACTIVATE your Life-force to display answers that confirms the validity of your questions.
2. The 2nd Thinking Phase – The Answering Phase – is the STAGNANT phase.
This is where your thinking is in the form of answers.
Answers turns into your beliefs, that manifest as your repetitive limited life.

Your Power to Change exists only in the Questioning Phase.

The 1st phase – Questions create change and evolution

A question is a request for specific information. A question does not manifest as a result. A question only activates the search, that finds answers. The search or collecting evidence, is the creative process. The manifestation or projecting of found evidence is the manifestation process.

The hidden activity of questioning

Your mind deals with questions, like a Google search. A question activates a search, that executes a scan, that finds information. You can't see the search itself. You only see the result of what the questioning search comes up with.

As long as a question is present, your mind will continue to look for and find an infinite number of answers to that question.

Questions can be favorable or unfavorable

Be aware of what kind of questions you ask, because they can enrich or ruin your life. For example: "Why am I not happy?" gives you the answer "Because I am stupid." And "Why am I successful?" gives you the answer "Because I am smart."

The tendency to unfavorable questioning

When something goes wrong, you easily ask "Why is this not working?". But when something goes right, you don't ask "Why is this working?".

The 2nd phase – Statements prevent change and inhibits evolution

Answers don't leave room for a response, comment or change and therefore are dead to evolution.

If you hang on to limiting answers, such as "I can't do it.", "I am sick", "This is not what I want.", "They are bad.", all you encounter is more of that.

Affirmations are statements. They don't create change. At best, if forced, they provide a temporary change, but when the affirmation isn't continuously forcefully repeated, your old unconscious question emerges back, with its old results.

Creative Questions

**A Creative Question
is a favorable question
that has the answer built in to the question,
so there is only one way the question can be answered.**

The purpose of Creative Questions is to harness and direct your Thinking Process to transform unwanted thoughts and results, to think in alignment with what you want.

Activating your creativity

You activate your creativity by asking Creative Questions. This stimulates, or forces your Thinking Process to find the evidence that your mind needs to be manifested.

The power of Creative Questions

A supportive question is a Creative Question that has a favorable answer and result built into it. There is only one direction that the answers can go. For example, “Why am I happy?” cannot give you the answer “Because I am sick.” But must answer “Because I am wonderful.”

Focus on the actual Creative Question

If your Thinking Process refuses to respond to the Creative Question or refutes it, like “Why am I healthy?” answered with “But that is not true.” Or “I am not healthy.”, then you need to discipline yourself to actually answer the Creative Question. The strength of the resistance of the old question “Why am I sick?” shows you how strong the addiction to the old unfavorable question and its result is. Choosing to contemplate the new Creative Question is the process of transforming your limiting thinking to be replaced with your new reality.

The different aspects of Creative Questions

There are at least 10 kinds of questions, such as “open ended questions”: How are you doing? “negating questions”: Why is this not working?, “inquisitive questions” – What happened? And Creative Questions:

- ◆ “Why” Creative Questions transforms your mental mis-beliefs.
- ◆ “How” Creative Questions gets you in to creative doing.
- ◆ “How do I feel when I ...” Creative Questions tunes your frequency to match your desired goal and activates “the Law of Attraction”.

Making your Creative Questions acceptable

If you encounter resistance to accepting a Creative Question, you can bypass that by adding a “COULD” or “WOULD” to it, like “Why *could* or *would* I be successful?” The answers are the same, but this time without resistance.

Limiting answers

If you accept an answer that is limiting, even if you have a good question, like “Why am I happy?” and get answers like, “Because I work hard.”, then you will think that you need to work hard to be happy. Go back and ask the question again with an additional “ELSE” in it, like “Why *else* am I happy?” until you are satisfied with your creation.

Don't dwell on your answers

Even when you get a favorable answer to your new Creative Question, be sure to continue to ask the Creative Question, so you can continue your creative process.

EXERCISE

Making a favorable Creative Question.

Keep a pen ready as you relax.

Write down your responses to the following inquiry.

Something I want: _____

The statement that describes my current result: _____

The Creative Question that creates my current result: _____

The Creative Question that will transform my current result: _____

The Creative Question that will reflect the new result I want to manifest: _____

Ways to integrate your Creative Question

First, choose your favorable Creative Question that will manifest a goal or reverse a reoccurring unwanted result.

Maybe check it with your Creative Questions Coach, to see if your question is a favorable Creative Question.

The most effective way to create what you want is to start to live in your Creative Question, contemplating it, feeling it and vibrating with its new frequency.

Good times to contemplate your Creative Questions are just before starting your day, before going to bed, occasionally during your day and especially when you are in reaction.

A good way is to find a quiet space, where you are not interrupted and contemplate your Creative Question.

Another way is to go for a leisure walk. Walking and contemplating your Creative Question relaxes your mind to be flowing and thus allow integration. This is not a physical exercise time, and you need to be by yourself, because you want to have full focus on the Creative Question in you.

Another way is to write your Creative Questions, because writing engages most of your senses. Writing your Creative Question includes: your mind thinking about it, your emotions feeling, your physical body acting it, your eyes seeing it and ears hearing it.

Write your Creative Question using these guidelines:

- ◆ Write your Creative Question 21 times in a row. This gives you a boost, without consuming too much of your time.
- ◆ Actually, write your Creative Question again and again time, because it is the question that creates change, not the answers.
- ◆ Write your Creative Question using different formats – Why; How; How do I feel.
- ◆ End each question with a question mark (?).
- ◆ Make sure you let the new Creative Question sink in and feel it. It is only of secondary or partial importance to get answers.
- ◆ Be aware of and write your responses.

Creative Question

Why am I successful?
Why am I successful?
Why am I successful?

How am I successful?
How am I successful?
How am I successful?

How do I feel when I am successful?
How do I feel when I am successful?
How do I feel when I am successful?

Response

I don't understand
I only see failure
I have skills

I have some success
I like what I do
I have more work

Nothing
Tingling in my belly
Excited

EXERCISE

Writing the Creative Question process.

Choose something you want and make a favorable Creative Question out of it.

Creative Question

Response

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____

The Creative Question Cards

(You can get your own Creative Question deck or the Creative Questions App at: <http://CreativeQuestions.com>)

The Creative Question Cards are a great daily inspiration. Choose a Creative Question card for your day.

- If you have the physical Creative Question cards, put your daily card on the stand that comes with the cards, in a place where you see it often or put it in your chest pocket, or the like.
- If you have the Creative Questions App, set the reminder every 4 hours and your phone will remind you to take time to infuse in your new reality.

Then, throughout the day spend a minute here and there contemplating and feeling the meaning and answers to this question.

Notice how this Creative Question changes how you feel and then begins to show up as your new reality.

EXERCISE

Creative Question Cards.

Pick a Creative Question card.

Read the Creative Question card _____

Contemplate what this Creative Question means to me _____

How does this Creative Question make you feel? _____

Notice what your Creative Question is teaching you.

Personal Doubt

Your Personal Doubt is the question that was provoked by your first startling experience. This is how you learned to doubt your original perfection.

Your Personal Doubt is the question you had at your first predicament.

Your Personal Doubt deludes your wisdom, makes you feel imperfect and then presents you with a struggling life.

Your Personal Doubt is an unfavorable question that looks for depressing answers, just like putting on a pair of distorting glasses and adjusts your vision to see a distorted world through the lens of those glasses.

For example: If your mother didn't want to be pregnant you might have asked yourself "Why am I not wanted?" leading to such answers as "Because I'm a burden." Or "Because I am bad." Another example: If you got stuck in the birth canal you may have asked yourself "Why am I stuck?" leading to answers like: "Because I am not supported." Or "Because I am a failure." Or "Because I can't."

Your Personal Doubt is a "Why?" question, wondering "Why?" something is not perfect. The answers appear as "Because I am..." statements.

Your Personal Doubt does not manifest in your life but is the question that generates the proof that your question does have answers, which then are displayed as your external and internal worlds.

A metaphor of how your Personal Doubt works

Your Personal Doubt is like the TRUNK of an undesired tree. BRANCHES and ROOTS grow out of the trunk in the same way as answers and excuses arise from your Personal Doubt.

The original Personal Doubt is a straight-forward unfortunate question like, "Why am I not good enough?", which leads to such answers as, "Because I'm not good enough at football." and "Because I'm not good enough at relationships."

- ◆ Sometimes you succumb to the idea that your Personal Doubt is true. Then you limit yourself by *accepting* such *answers* as "You really are not good enough at football." And then accept that as your reality, even though, it only starts out as a *mis-thought*.
- ◆ Sometimes *you don't accept your answers as the final truth*, leaving you wonder, "How can I be good enough at football?" This in turn brings struggling answers, such as "By practicing a lot." Which may result in "being good enough at football," but the original "Why am I not good enough?" remains and brings new branching doubts, like "Why am I not good enough at business?" "Why am I not good enough at English?"

Your life continues indefinitely to struggle with trying to resolve one answer after another, because you don't realize that your premise question is faulty.

- ◆ Using *excuses and justification* like, "I don't want to be good enough." Or "I don't have time to be good enough.", strengthens the ROOTS of the Personal Doubt Tree, because this fortifies the belief that the Personal Doubt is still true.



EXERCISE

Finding My Personal Doubt.

Write down your responses to the following inquiry.

1. The most frequent thought I have about myself is _____

2. What I don't like about myself is _____

3. What I don't like about people is _____

4. What I don't want people to know about me is _____

5. What I am most afraid people think about me is _____

6. The thing I want to hide about myself is _____

7. What I am most afraid is true about me is _____

8. The reason I doubt myself is _____

9. The thing people like the least about me is _____

10. The thing that people tell me to change is _____

11. The thing I avoid the most is _____
12. What I am always trying to prove is _____

Notice and circle the statement above that:

- Stands out.
- Causes a reaction in you.
- Embarrasses you.
- Repeats itself.
- You wish was not on this list.
- You will translate your Personal Doubt through your Personal Doubt.
Example, if your Personal Doubt is "Why am I wrong?" you will believe that your Personal Doubt is wrong.

My Personal Doubt "Why _____?"

Contemplate the relevance of your Personal Doubt in your current life.

Personal Quest

**Your Personal Quest is
the Creative Question that
reverses your Personal Doubt.**

The reasons you need to resolve your Personal Doubt

To stop your struggles, return to a fulfilling life and Own Your Self, you need to cut down and uproot your Personal Doubt.

While living with your Personal Doubt, you have worked hard to earn your right to be OK. When you transform your Personal Doubt, through your Personal Quest, you will be able to enjoy how perfect and amazing your “unique you” is.

Trying to keep up with all the projects that your Personal Doubt throws your way, will never end. REPLACING your Personal Doubt with your Personal Quest FREES YOU FROM MANY ISSUES.

How to reverse your Personal Doubt and discover your Personal Quest

You will reverse your Personal Doubt by contemplating your Personal Quest, because your mind cannot conceive of two opposing questions at the same time.

If you cut down the tree of your Personal Doubt, the leaves and branches will fall off, and the roots will wither away.

You reverse your old Personal Doubt by focusing on the opposite question.

For example: The Personal Doubt: “Why am I bad?” is resolved by the Personal Quest is “Why am I good?”. “Why am I not good enough?” is reversed by “Why am I good enough?” and “Why am I a failure?” is reversed by “Why am a success?”.

Your Personal Quest is the extreme opposite of your Personal Doubt.

EXERCISE

Clarifying your Personal Quest

My Personal Doubt is _____

My Personal Quest “Why _____?”

Notice how your Personal Doubt dissipates and your Personal Quest takes its place.

EXERCISE

Practice integrating your Personal Quest.

Two people sits facing each other.

First person says their Personal Quest _____

The other person responds with an answer.

Repeat many times.

Second person says the first person’s Personal Quest back to them.

The first person responds with an answer.

Switch

Notice how you react to your new reality.

Mission

**Your Mission
is to correct something that you have deemed important.**

Your Mission is a goal you have taken on.

Your Mission is sparked by a “How” Creative Question. “How” Creative Questions is a way to try to remove your Personal Doubt, but this does not relieve your feeling of imperfection, because it is an overcompensation, pushing your feeling into another area of your life.

A “How” Creative Question is good if you relax your engagement with it, but detrimental if you stress yourself out, trying to prove something.

The unconscious way to deal with your Mission

If you find yourself being proud of yourself, because you are volunteering, helping others and making a difference, or solve problem of unfairness or want success, you are on your Mission Quest trying to prove that your Personal Doubt is not true.

If you find yourself lazy, indifferent, and procrastinating, you are not in contact with your Mission Quest, but have succumbed to your Personal Doubt.

The conscious way to deal with your Mission

The good news is that your striving has motivated you to get the skills that you now have. When you let go of your Personal Doubt through realizing your Personal Quest you will still use your skills for the good of all.

Identifying your Mission

- ◆ Identify your Personal Doubt.
- ◆ Be aware of what you want to accomplish.
- ◆ Recognize your Mission.

EXERCISE

Finding My Mission.

My Personal Doubt is “Why _____?”

Something that is important to me _____

Something that I feel excited about _____

Something I am proud of _____

Something I need to prove _____

Something I do to try to repair my Personal Doubt _____

My Personal Quest is “Why _____?”

My Mission is to _____

The Creative Question that creates my Mission

“How _____?”

Goals

You need to set goals to:

- ◆ Get what you want.
- ◆ Uncover your True Self.

Having a goal is an exciting way to live, if you stay present while creating the goal, but can be a bummer, if you forget to embrace your present time and get too lost in it.

Once a goal is achieved, it becomes obsolete as a goal and motivator. To continue enjoying your life you need a new goal.

The process to reach your goal is like a drive-thru

1. Place your order. If you don't place an order you won't get anything.
This brings clarity to the goal.
2. Pay for your order. If you don't pay, they won't give you anything.
This is done by contemplating Creative Questions and Natural Breathing.
3. You have to Drive-thru and Wait in line at the different stations to collect your order.
This is the waiting period for the order to be made.
4. Collect your order. You have to drive up and collect it.
This is when you get to celebrate the result of ordering, doing the work, and waiting.

Successful goal-setting

- ◆ Start with an attitude of gratitude. This implies that you already have your goal.
- ◆ Being too general in your goal-setting may get you results that you don't really want. Be specific about what you want. The more specific you are, the more you get exactly what you ask for.

This is like ordering food in a restaurant. If you only ask for food, you don't know what you will get. You will get food but maybe not what you like. When you ask for what you really want, you will get what you really want.

- ◆ Don't figure out how to get your goals. Do not worry about the "how" or the "from where" you will achieve your goals. There are many connections that you are not aware of that may serve you. Focus only on your desired result.
- ◆ Don't struggle towards your goal but be clear of what you want. Once you have ordered your food, you don't need to check in the kitchen to see how the cooking is going. You don't need to control and struggle, but just trust that the food will be delivered. After you have ordered your food, relax, and enjoy your time during the wait and enjoy the fact that you don't need to cook.
- ◆ Don't fall into the trap that you need money to get your goal, and then spend all your time making money. This is a distraction from creating your actual goal.
- ◆ Let go of old goals. They stop the new goals from having space to materialize. This is like getting new furniture. To fit the new furniture into your house you need to get rid of the old first, otherwise you will have no space.
- ◆ Clarifying the reason for your goals energizes them and makes them easier and quicker to manifest.

- ◆ Put a date of the goal, in order to confirm and solidify the commitment to its manifestation.
- ◆ Make sure your attitude is relaxed by adding “this or something better”.

Avoidance goals

If a goal contains fear, protection or need (such as preventions or goals that are unethical), it will not bring you happiness or permanent success. Like if you ask yourself “How can I be healthy?” and you believe that “by running a mile a day” you will healthy, then you will be unhealthy the day you don’t run.

A goal can be your way to avoid living a meaningful life. When you don’t feel good without your goal you are missing your True Self.

For example: You think a certain relationship will make you happy, instead of learning to enjoy being with yourself. Or, you have a belief that a lot of money will make you happy, instead of realizing that your goal is based on the fear of being destitute. Here you need to change your distrust to “Why can I trust that Source supports me?”.

What to do with the goal once you get it:

- ◆ Celebrate your success.
- ◆ Be conscious through your integration so, you don’t sabotage your success.
- ◆ Relax into and get used to your new experience.

Empowering goals

- ◆ Being aware
- ◆ Meditating
- ◆ Living without judgments
- ◆ Living optimally
- ◆ Being a good inspiration

Does the Manifestation Process always work?

Sometimes it appears as if the Manifestation Process doesn’t work, because you don’t have what you think you want. If you have the ‘victim mentality’, then you will give up on your goals. If you presume that the Manifestation Process always works, then you will look at your current results as a reflection of what you really believe. This knowledge makes it clear and simple which belief you need to correct.

Be aware of how much you advertise your unwanted results

Do you spend a lot of time thinking about or talking to others about how much your problem is true? If so, you are perpetuating it.

To get a new result you have to stop repeating your old thinking and feeling and begin the thinking, feeling and activity that match what you want.

**Whatever you engage with
is what you are engaged with.**

Conscious Goal-setting

- ☐ A Goal I have by _____ is _____
- ☐ Something about myself that I plan to change before _____ is _____
_____ because _____
- ☐ I plan to pay off my _____ before _____
because _____
- ☐ I plan to save \$ _____ in _____ before _____
because _____
- ☐ When I am _____ years old, I plan to feel _____
- ☐ My relationship status on _____ is _____
- ☐ My happiness status on _____ is _____
- ☐ I drive a _____ by _____
because _____
- ☐ I live in a _____ by _____
because _____
- ☐ I own a _____ before _____
- ☐ because _____
- ☐ By _____ I spend my quality time _____
because _____
- ☐ By _____ I travel to _____
because _____
- ☐ By _____ I _____
because _____
- ☐ By _____ I have my special dream of _____
because _____

I am grateful that this or something better is now coming to me for the good of all concerned.

Thank you! Date _____ Signature _____

Purpose

There is a Unique Way that You are meant to Spark the world

When you recognize your Purpose and include it as an ingredient in every aspect of your living you will be expressing your passion and contribution to this world.

Like the sun and its rays are inseparable and you can't have one without the other, your Purpose is to shine as one of the rays of the Natural State. Being On Purpose is how you express your perfection.

Your Purpose is to be one of the qualities emanating from the Natural State.

Living Off Purpose leaves you living a mediocre unhappy life. Living On Purpose means that you are physically healthy, emotionally engaged, mentally stimulated, and spiritually fulfilled.



The reason you should identify Your Purpose

When you choose to be On Purpose you will enjoy what you do. If you don't enjoy what you do you are Off Purpose.

You may struggle with changing your external world when you are dissatisfied. You may believe that you can get back to enjoy what you do if your external circumstances changes. But, the only way to enjoy what you do is to get back On Purpose, whether your external changes or not.

It is like the example of liking your job in the beginning and then disliking it. The loss of liking your job doesn't come from the job having changed, but from you having stopped being On Purpose at your job. Choosing to be On Purpose again brings you back to feeling on track again.

Your Purpose is not a "Doing"

You may not know that your Purpose is an experience of an integral part of yourself. You may believe and attempt to live On Purpose by doing something and becoming a "human doing" instead of living On Purpose as a "human being".

This misunderstanding makes you dependent on "the doing" goals, with its focus on the future and thus not experiencing your Purpose.

For example: If your Purpose is to be engaged, and you are lonely, you might try to find someone to connect with, instead of just being engaged.

You always come back to your Purpose

Your Purpose might be forgotten for a while when you struggle, but as soon you feel frustrated enough with feeling unfulfilled or overwhelmed with struggle, you surrender, and thus you are back On Purpose again.

Your Purpose is not created, it is not changing and, it is not existing outside yourself.

When you are On Purpose you live in the now, timelessly.

When you are doing your hobby, you are On Purpose.

When you are On Purpose your happiness is independent of outside circumstances. If you are Off Purpose your level of happiness depends on external situations.

Getting On Purpose

If you lose being On Purpose, you can get back by asking a “How do I feel when I am (your purpose) ...?” question. This gives you an internal sense of feeling a certain way – whether an external activity is involved or not.

Your Purpose	The Question that awakens your Purpose
To be happy	How do I feel when I am happy?
To be generous	How do I feel when I am generous?
To be enthusiastic	How do I feel when I am enthusiastic?
To love	How do I feel when I love?
To be free	How do I feel when I am free?
To be passionate	How do I feel when I am passionate?
To be an inspiration	How do I feel when I am an inspiration?
To be caring	How do I feel when I care?
To be supportive	How do I feel when I am supportive?
To enjoy	How do I feel when I enjoy?
To be a contribution	How do I feel when I am a contribution?
To be valuable	How do I feel when I am valuable?
To be serene	How do I feel when I am serene?
To explore	How do I feel when I explore?
To be innocent	How do I feel when I am innocent?
To be powerful	How do I feel when I am powerful?
To be playful	How do I feel when I am playful?
To be adventurous	How do I feel when I am adventurous?
To be engaged	How do I feel when I am engaged?
To be beautiful	How do I feel when I am beautiful?
To be creative	How do I feel when I am creative?
To be peaceful	How do I feel when I am peaceful?

EXERCISE

My Purpose.

1. When I am satisfied, I feel _____
2. What I miss when I am unfulfilled _____
3. Something I experience when I am satisfied _____
4. I don't like myself when I _____
5. I like myself the most when I _____
6. Something I dislike about people _____
7. Something I admire about people _____
8. My work is easy when I _____
9. My life is pleasant when I _____
10. The way I like to express myself _____
11. The way I like to engage _____
12. Something I feel when I do my hobby _____

Look through the above answers and determine your Purpose.

My Purpose is to be _____

A way I live Off Purpose _____

A way I live On Purpose _____

Something I can do to improve how I live On Purpose _____

The Creative Question that reminds me to live On Purpose is:

How do I feel when I am (your Purpose) _____ **?**

Notice how your relationship with your Purpose affects all of your life.

PRACTICE

Exchange a Natural Breathing session

Focus on the Five Breathing Basics.

Have your Purpose in mind _____

Support the Breather by occasionally repeating their Purpose to them.

Contemplate how your intention affects the Natural Breathing session.

Goal Oriented vs. Living On Purpose

Goals are about living for the future – Purpose is living in the now

When you focus on reaching a goal, you miss enjoying your current life, believing that there will be a fulfilling reward when the result is achieved. If the result is achieved, the lack of present satisfaction will still be absent, and the rat-race of another promising goal is pursued.

Basing your happiness on your Purpose leaves you satisfied with whichever way things are. Basing your happiness on your goals will always leave you struggling, dissatisfied and searching for more.

If your focus is to Live On Purpose, then every adventure becomes a joyous and purposeful excursion.

If your travels are based on Living On Purpose you will feel satisfied, whether you reach your goals or not.

It is like the metaphor of driving down the highway of your life. If you hope to get happy when you arrive at your destination, your journey will be “Are we there yet?” waiting for happiness to appear. At best you will have a short spur of happiness when you get to a goal, but then your lack of happiness that made you go for your goal in the first place shows up again. Then you look for another destination to get to. Trying to make goals the source of enjoying your life will always disappoint you.



Goals	Living On Purpose	Living Off Purpose
Needy.	Satisfied.	Being lost.
Temporary success.	Well-being.	Dis-ease.
Impermanent. Life seems to have a beginning, middle, and end.	Present time. Timeless. Independent of time.	Out of present time. Timebound. Dependent on time.
Looking for fulfillment.	Affirming Presence.	Ego.
You achieve.	You feel.	You think.
Driven by illusion.	Driven by nature.	Driven by fear or need.
You are dependent on external circumstances.	You are nurtured by Affirming Presence.	You are struggling on your own.
When you reach your goal, you'll have a short-lived satisfaction.	If you don't accomplish your goal, you are still fulfilled.	You are not satisfied even when you reach your goals.
Created.	Not created.	Delusion.
Ever changing.	Unchanging.	Not real.
Living with separation.	Living with heaven on earth.	Living with frustration.
Manipulating Life-force to get what you want.	Flowing with the Life-force and creator that you are.	Struggling against your Life- force.

EXERCISE

How I mix Goals and Purpose.

I struggle with goals when _____

I play with my Purpose when _____

The way I can improve how I connect my goals with my Purpose _____

Your Goals comes from “How can I ...?” questions.

Your Purpose comes from a “How do I feel ...?” question.

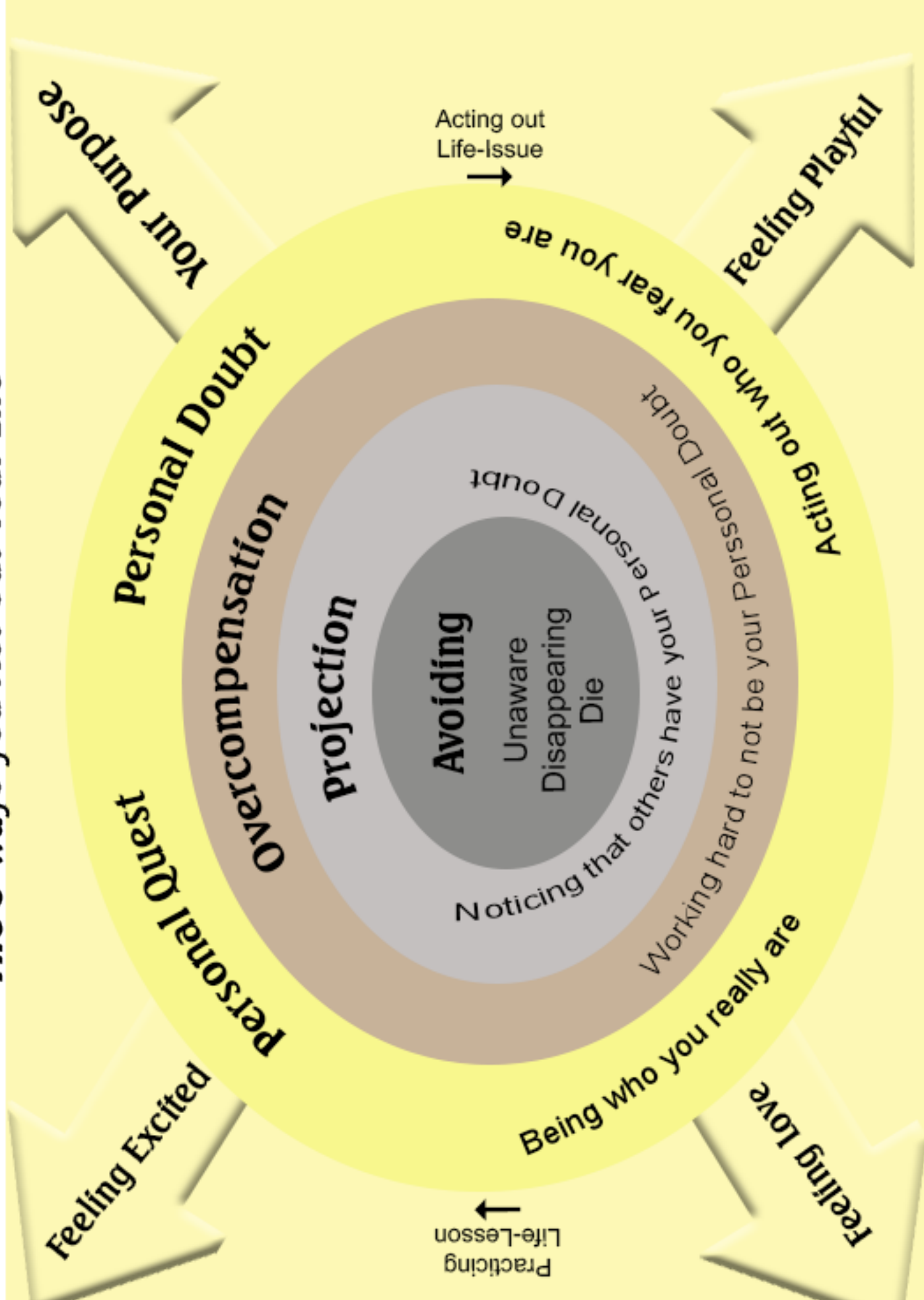
Your Mission comes from a “How ...?” question.

Your Vision comes from a “What ...?” question.

Your Personal Doubt is your first limiting question “Why am I not...?”

Your Personal Quest is a “Why am I...?” question.

The 5 Ways you Act Out Your Life



The 5 Ways You Act Out Your Life

The way your life shows up depends on how you deal with creation.

You experience your Natural State when you live in the now. Then a doubt of its perfection may appear, automatically followed by an answer. Your response to this answer determines you recover your innocence and perfection or dig deeper into delusion and frustration.

1. When you know your perfection, you shine through your Purpose.
2. If your mis-question of your Personal Doubt is active, you'll act out "Who you fear you are", and act as if your Personal Doubt was true.

Example: If your Personal Doubt is "Why am I not good enough?", you'll not be good enough at what you do.

If you are aware of your Personal Doubt, then you may be inspired to get back to the truth of who you really are and contemplate and activate your Personal Quest.

3. If you disregard your Personal Doubt, you'll first try to overcompensate and pretend that your Personal Doubt is not true, and you are better than your Personal Doubt.

Once you realize that you are overcompensating to prevent your Personal Doubt, you will be able to continue to use the skills that you have developed while overcompensating, but now as a satisfying success.

4. If you can't get enough evidence to suppress your Personal Doubt, you'll try to divert the fact this is a part of your life and pretend that it is others who have this Personal Doubt.

When you think about others in a negative fashion you know you have these characteristics yourself, like "Why is there something wrong with them?" or "Why are they incompetent?"

5. If you cannot get enough evidence to prove that others have your Personal Doubt, your last resort to escape from facing your Personal Doubt is to try to avoid and erase yourself by hiding, disappearing or to die.

This last manifestation leaves you unconscious until you wake up again.

You are either hiding from your Personal Doubt or restore your Personal Quest.

You can observe if your life is getting better or worse through noticing which direction you are going with the 5 Ways You Act Out Your Life. You'll find well-being when you arrive at perceiving everything as perfect.

If your life moves in the direction of acting out, overcompensating, blaming, and numbing out, you are going further and further away from your truth and creating a bigger and bigger illusion.

If you are finding yourself taking more and more responsibility, you are moving towards your health and happiness and Owning Your Self.

EXERCISE

The way I act out my life.

A way I live On Purpose _____

A way I perceive my Personal Quest _____

A way I act out my Personal Doubt _____

A way I overcompensate for my Personal Doubt _____

A way I project that others have my Personal Doubt _____

A way I avoid my Personal Doubt _____

Where I am at regarding getting back On Purpose _____

My next step in getting back On Purpose _____

PRACTICE

Exchange a Natural Breathing session integrating Your Personal Quest.

Identify your Personal Doubt _____

Identify your Personal Quest _____

Breather does a Natural Breathing session, remembering the Five Breathing Basics, while focusing on their Personal Quest.

Coach supports the Breather to breathe using the Five Breathing Basics.

Coach reminds the Breather of their Personal Quest during the session.

Contemplate what you take home from the session

Validating Your Reality

You will use one of these 3 ways to demonstrate that what you believe is true.

You will ATTRACT people, things and situations that match what you expect.

- ◆ This means that what you want is manifested as your results.
- ◆ This is a harmonious life.

You will INTERPRET that people, things, and situations are what you believe.

- ◆ This means that there is a discrepancy between what you believe and what your external world reflects. You ignore your reflection and live in a pretend reality.
- ◆ This is a life of delusion.

You will MANIPULATE people, things, and situations to become what you want.

- ◆ This means that you have to charm or force people and situations to become what you want.
- ◆ This is a life of struggle.

Dysfunctional example: If you think that people are angry you will attract angry people, interpret that people are angry, or manipulate people to be angry.

Functional example: If you think that people like sailing you will attract sailors, interpret that people like sailing, or take people sailing and make them like sailing.

When you attract people and situations in to your life that matches what you want, you have raised your own vibration to be at the frequency of what you want.

When you find yourself in conflict and you squash others, then you are contradicting yourself. You are the creator of your life, so eventually you have to take responsibility and take a look at what contradiction you are protecting.

When you find yourself trying to change people and situations to match what you want, you will only, at best, have temporary result, because you are not vibrating at that level. Then it is time to start your inner work and raise your own vibration to be at the frequency of what you want.

EXERCISE

How I validate my reality.

Something I like _____

A way I Attract this into my reality _____

A way I Interpret this to be my reality _____

A way I Manipulate this into my reality _____

Changing Your Interpretations

When you have a goal, but find your intended results become less and less present, then your interpretation of that goal is based on a different experience of this goal, than the words imply.

For example: If painful forceps were used to support you at birth, any time you ask for support you may experience pain.

Your new experience will come from interpreting that getting support means to experience a pleasurable relief. Your Creative Question will be: "Why does receiving support leave me feeling pleasurable relief?"

Another example: If you were tucked in bed, by your parents and then they left you with a babysitter, because they were going to a movie, then you may encounter situations where they people that love you, leave you.

Your new experience will come from you interpreting that being loved means that people stay with you. Your Creative Question will be: "Why do the people who love me stay with me?"

Another example, if you made an investment that put you in debt, then your interpretation of making investments means to lose money. If you want to make profitable investments, you need to change your interpretation of what "making an investment" means.

Your new experience will come from interpreting that making an investment means that you end up with more money. Your Creative Question will be: "Why does investing mean that I end up with more money?"

Goal	Creative Question	Result	Mis-learning	New Interpretation	New Creative Question
To feel wanted.	Why Am I Wanted?	People leave.	Why do people who want me, leave?	When I am wanted people stay.	Why do people who want me, stay?
To have \$1,000.,000	Why do I now have \$1,000,000?	I have debts.	Why is that when I want a \$1,000,000, I have debts?	When I have a \$1,000,000 I am debt-free?	Why is it that when I have a \$1,000,000 I am debt-free?
To receive support.	Why am I supported?	I have pain.	Why is it that when I am supported I get pain?	When I am supported I feel great.	Why is it that when I am supported, I feel great?

EXERCISE

How I understand my goal.

Choose a goal _____

My first response _____

My mis-learning _____

My new interpretation _____

My new Creative Question _____

PRACTICE

My New Healing-journey.

Write down what you like to your new Healing-journey to be.

Success Tolerance

Now, that you have amplified your Life-force and learned to create what you want, you need to be aware of your tendency to Success Sabotage, so you can keep and own your new success level.

Your Success Tolerance

Your Success Tolerance is the amount of success you can tolerate without sabotage.

You have a certain tolerance to success, so you balance your level of success with your level of failure, to neutralize your use of energy and continue on the same success energy level.

When you get healthier and more successful in one area of your life, you tend to balance your success with sabotage in another area of your life.

When you decrease your power in one area of your life, you balance this with more success in another area of your life.

Success Sabotage

The way you tend to sabotage yourself is by celebrating too much, too soon, Too much means you are unaware of what you are doing. Too soon means that you have not integrated your new success level to be your new norm yet. When you touch a new success level, refrain from speeding, excessive behavior or partying.

Success Sabotage can happen when you are more successful and go to a higher energy level than you are used to. Then, the in-built Success Control System, that intends to keep you at a “safe” Status Que, gets activated, because your present situation is familiar and supposedly works, and anything new is unfamiliar and risky.

You can raise your Success Tolerance

To be more successful, you need to raise your Success Tolerance, by learning to tolerate a higher energy level, responsibility and engagement with the world.

The way you raise your Success Tolerance is to notice when you are more successful than usual, and enjoy that, without falling in to a sabotaging behavior, and instead get used to a new unfamiliar success behavior.

When you are more successful you need to be aware and only gently and consciously celebrate your success. For permanent change you need to learn to vibrate at your new success level, until it feels normal.

If you raise your Success Tolerance, you will increase success in all the areas of your life.

EXERCISE

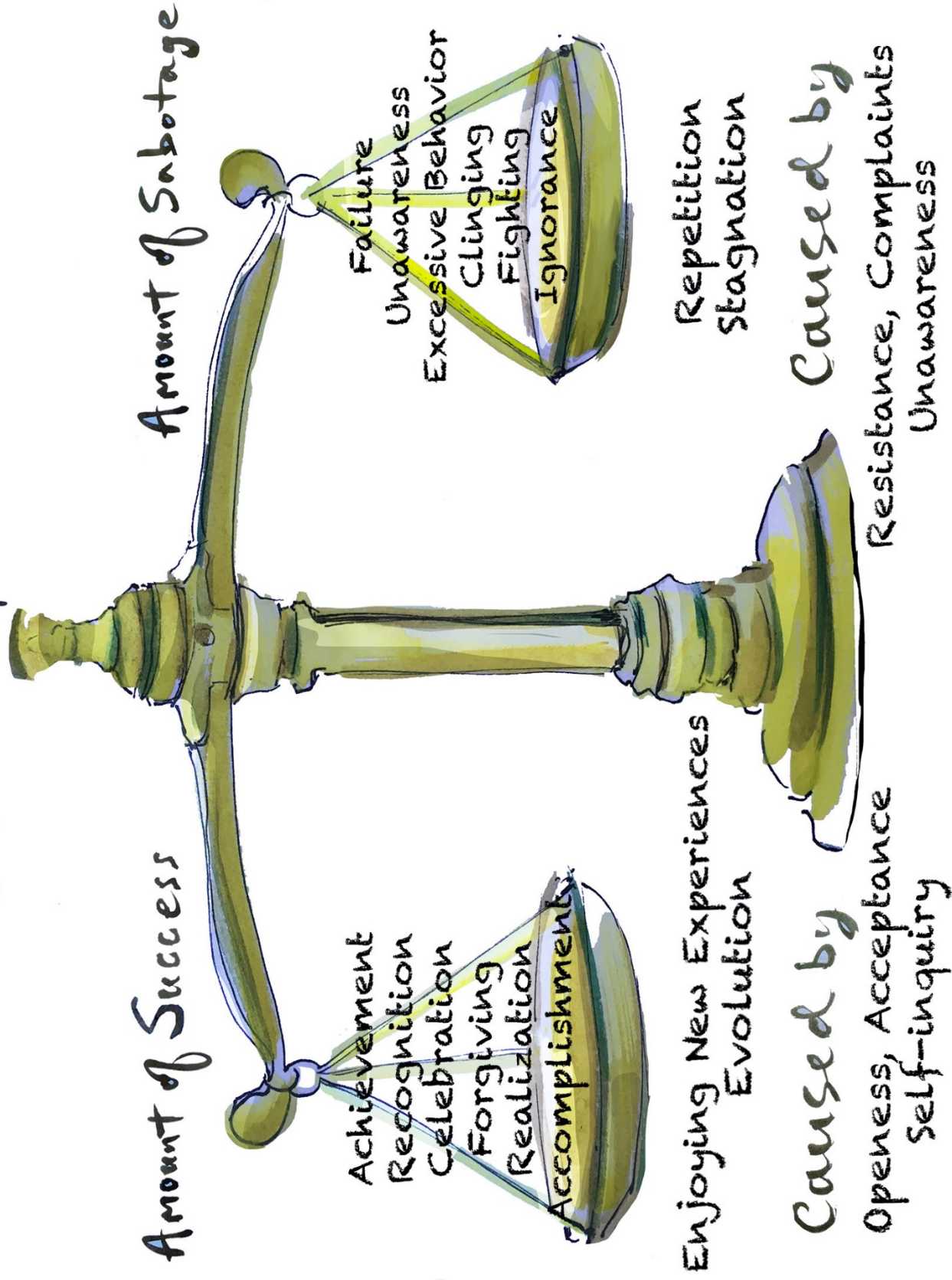
Raising my Success Tolerance.

A success I have had: _____

A way I have sabotaged my success: _____

A way I can raise my tolerance to success: _____

Success Tolerance



Conscious Creation Main Points

You can get in the driver's seat of your life.

Your beliefs reflect as your world.

Using Creative Questions is the easy way to get your mind creative.

Your Personal Doubt is your most detrimental thought.

Your Personal Quest is your search to get back On Purpose.

Goals are your creations.

Your Purpose is your unique emanation of the Natural State.

My experience and understanding of Conscious Creation!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to Arne@UnlimitedBreath.com.

Name _____

Date _____

Something I have learned about Conscious Creation _____

Something I have experienced with Conscious Creation _____

Something I want to learn more about Conscious Creation: _____

How Conscious Creation affects me _____

My questions and concerns _____

Exchange a Natural Breathing session working with the Personal Doubt and Personal Quest

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

Exchange a Natural Breathing session where you identify Breather's Purpose.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

The 3rd Challenge – Natural Breathing



MEDITATION

Be comfortable and relaxed.

Allow your breathing to be as it likes to be, without trying to change anything.

Be very aware of how your breathing takes place.

Notice if you tend to breathe through your nose or your mouth.

Notice if your breathing wants to go into your belly or chest.

Notice the depth of your spontaneous breaths.

Notice the frequency of your breaths.

Does your breathing change just by being aware of it?

Natural Breathing does not need to be improved. When left on its unobstructed own, it does not only sustain your life, but it also has a Natural Impulse to repair any impediment to Natural Breathing and it keeps you connected with your nurturing Source Energy.

Life-force itself does not need an upgrade. It already has all the good qualities you could ever hope for. What you do need to do though, is to not interfere with it, which only blocks your Life-force's natural inclination and ability to sustain and nurture you.

Your Breathing Control System seeks to maintain your energy level at a status quo. It manipulates your breathing to avoid a retained increase of Life-force.

The Breathing Control System does block your Natural Breathing, impeding the flow of oxygen, Life-force, and Source Energy, because:

- ◆ You have mis-learned how to breathe.
- ◆ The Breathing Control System is avoiding emotions.
- ◆ It believes it needs to suppress Incomplete Experiences.

At some point during the Natural Breathing process most people come up with a different way to breathe to Natural Breathing and unconsciously impair their breathing, and thus stop an increase of aliveness. At this point, if you know how Natural Breathing works technically, you know how to avoid this trap and how to continue to increase your amount of transformational retained Life-force.

The way you Breathe is reflected in the way you Live

The way you live is a mirror of how you breathe

You breathe the way you live. You live the way you breathe. Your breathing is a reflection of your experience of yourself and your life.

A person who is knowledgeable about breathing can tell how you live by observing how you breathe.

Each breathing characteristic reflects an aspect of how you live your life.

Each person has a generally specific breathing pattern. Your breathing pattern is seen in your usual daily breathing and highlighted in deliberate Natural Breathing.

By observing your own breathing, and comparing it with your Natural Breathing, you know how much you live according to your optimum potential. If you get stuck, you can choose to improve your breathing to get unstuck.

Your way of breathing defines how much Life-force you accept into your life

- ◆ Your level of awareness represents how much you experience your life.
- ◆ Your inhale represents how you take in or receive life.
- ◆ Your exhale represents how you let go, trust, and relax.

Here are some examples of how this works in your life:

- ◆ When you are unaware of your breathing, you are unaware of certain areas of your life and have a tendency to live in an illusory or accidental world.
- ◆ When you struggle with your breathing, you struggle with your life.
- ◆ When you breathe in a shallow way, your engagement in life is shallow.
- ◆ When your inhale is deep, then you have a passion for life.
- ◆ When you push your exhale out too fast, you push people, your life, and opportunities away.

If you believe that you will progress better if you back off on or hold your breath, you have a mis-learning, that may have come from that you feel less when you hold your breath, but that is just a temporary numbing.

To let go of an issue you have to let it ride on your breath. Holding your breath is the way you store issues. For example, getting your breath knocked out of you. You know if an issue was released by observing if you kept breathing or held your breath.

You can use your breathing as an easy way to change

The hard way to try to change is to psychologically analyze yourself, which, if successful, will change your breathing pattern. The easy way to change is to change the way you breathe, because this will easily change how you live, without having to put your ego on trial.

For example: You cannot be angry and breathe at the same time. If you are angry, but still choose to take a breath, you will notice that you can't find your anger and the reason for it, and that the anger has been replaced by acceptance and love.

**The way you breathe manifests as the way you feel and live your life.
Changing how you breathe changes how you feel and how you live.**

EXERCISE

How the way I breathe and the way I live reflects each other.

Write down your responses to the following inquiry.

The way I tend to breathe when I do Natural Breathing _____

A characteristic of how I live my life _____

The way my breathing and my life reflect each other _____

The way I can use my breathing to change my life _____

Notice how you breathe and how you live matches.

Breathing is the bridge between the physical and non-physical worlds

The Respiratory System is the only system in the body that you can allow to be on automatic (parasympathetic) or choose to control (sympathetic). All other systems in the body are either only controlled by your Will or can't be controlled by your Will.

Natural Breathing can free sub-conscious material and complete Incomplete Experiences. It is therefore our most powerful healer.

The connection between breathing and spirit

Countries separated by huge distances and with different language origins still have the same name for the word spirit and breath, such as English (spirit-inspiration), Swedish (ande-andning), Tibetan (lung), Sanskrit (prana), Chinese (chi), Hebrew (Ruach), etc.

Integrate Early

Integration

When you integrate your changes early, you will accomplish more in each session.

You integrate early by just being aware of what shows up physically, emotionally, memories and realizations, and refraining from grasping it. Let it go. i.e. Don't dwell on it. Don't hold on to it. Don't investigate it. Don't process it. Don't get fascinated by your experience. Those kinds of *mental* activities bring you below your Breathing Threshold. Just let it go and move on to the next experience.

Like, you don't go through your garbage when you through it out. You just throw it out.

Trust your experiences

When you embark on your Healing-journey you are asking for change. Change means that you will have a different experience to what you are used to.

Remember that the experience of recovering aliveness feels like an increase of energy in your body. Since that energy was previously labelled as unwanted, to integrate a change you have to accept it, as it is the increase of your aliveness. That will take place when you accept your Life-force to enliven you more again.

The reason you can trust your increased energy is because you know that whatever shows up, is not created in present time, but is an uncovering and releasing of old issues and blocked Life-force.

You can trust, because you are surrendering to your breath and to your Life-force. Not to someone's power.

You will only let go enough, for old issues to emerge, when you know and feel safe enough to handle them. Relax into your process and it will simply get integrated and leave you feeling complete.

Keep one eye in the past and one eye in the present.

Natural Breathing is a simple way to uproot and release past Incomplete Experiences because, even though you may see them as memories are being released, pass by your consciousness, with "one eye" on the past, you will easily be able to let it go, because you have the "other eye" aware of that you are presently in a Natural Breathing session.

This is like having one eye closed, looking at an Incomplete Experience and one eye seeing that it is not actually happening now. Like, driving down the highway, you see billboards with one eye, but you always keep one eye on the road that you are on.

This is how you bring your past into the present, so you can complete and complete past experience.

The success of your Healing-journey comes from:

- ◆ Doing Natural Breathing.
- ◆ Accepting your new experiences.



Content vs. Context

Content:

- ◆ Is the “facts”. All witnesses will report the same “facts”.
- ◆ Is like the information the referee or reporter communicates.
- ◆ Is the unbiased description of a person or situation.
- ◆ Is what happened or is happening, without any emotional or personal interpretation.

Context:

- ◆ Is interpretation. All witnesses report a different story.
- ◆ Is your thinking and belief.
- ◆ Is the way you view and relate to your content.
- ◆ Is the way you react and respond.
- ◆ Is based on your conscious or sub-conscious material.

Example: There are flowers in the trees. The content is that there are flowers in the trees. The context is that there are “beautiful” flowers in the trees.

Another example: Someone shouts. The content is that someone shouts. The context is that they are disruptive or need help.

If you don't change your context, you will hold on to your beliefs and you won't be able to allow change.

You need to shift from a disruptive context to a supportive context to be able to let your Life-force nurture you more.

You need to change your beliefs

A good way to change your context is to consider if your belief is true for all people and at all times.

Creative Questions is the most effective way to transform your beliefs.

Adopt a positive attitude to your awakening experience

Accepting the details of your experience will help you integrate it.

Stay aware:

- ◆ You are in a session.
- ◆ Realize anything you don't like is interpreted through a belief.
- ◆ That you are purging and uprooting something that you have consciously or unconsciously carried around for a long time.
- ◆ You survived it the first time, so you will survive it now, but now you are becoming aware of it by staying conscious, accepting it and thus releasing it.
- ◆ Know that the experience is a gift of aliveness.
- ◆ Be grateful for the experience.
- ◆ Surrender and accept the experience.
- ◆ Enjoy the experience quickly before it integrates.
- ◆ See the experience as interesting and fascinating.
- ◆ Think that what you are experiencing is funny.
- ◆ Love the experience and yourself unconditionally.
- ◆ Understand that by experiencing the experience you are completing it.
- ◆ Believe that the experience is the healing in progress.

The States of Consciousness

Awareness is necessary to experience success

You have to be aware to choose your life experiences – otherwise it will be like a sleep and dream state, where you may or may not experience anything. When you are aware you access your free Will to choose your thinking and what you will experience.

Unawareness

In the unaware state of consciousness, you lose your experience of the here and now and the power to choose. This state includes occasional breaths. These experiences can never be as beneficial as an aware experience, because here you have lost the ability to exercise your free Will and to choose your response.

You become unaware by:

- ◆ Being unfocused or bored.
- ◆ Spacing out and daydreaming.
- ◆ Constructive thinking, positive thinking, negative thinking, thinking that you are not breathing right and thinking that you need to correct your breathing.
- ◆ When you don't like something, you have become immersed in your thinking.
- ◆ Visualizing, praying or repeating a mantra or affirmation.
- ◆ Avoiding and numbing out from an emotion.
- ◆ Artificial breathing, where chest moves, but without much air- exchange.

Suggestions of how to avoid unawareness:

- ◆ Get motivated – remember the benefits of being present.
- ◆ Be very aware, at the moment, just before going unconscious.
- ◆ Choose to experience your breathing inflating and deflating your chest.
- ◆ Scan your emotional world, find an emotion and choose to feel it.
- ◆ Be aware of what thought, picture, or experience that you start to follow.
- ◆ Speak of what is taking you away from being aware of the here and now.

Sub-consciousness

If you already have increased your energy level with Natural Breathing, but are unable to stay aware, you go to your sub-consciousness. This state has suspended breathing. Momentarily dwelling in sub-consciousness is beneficial, because your increased Life-force will uncover and uproot sub-conscious material.

Sleeping

The sleeping state is induced by choosing to not be here and turning your head to the side. This state has no benefit in a Natural Breathing session. To stay awake, remember the benefits of Natural Breathing. Release unwanted material and keep your nose straight toward the ceiling.

Visions and Astral projections

Some people are fascinated with visions, seeing colors, other dimensions and Astral Projections. They believe (which means they are in their mind thinking and not experiencing awareness) that our normal awareness state of consciousness is not as important as those other conceptual “states”. Unfortunately, these perceptions don't make them more alive, healthy, and successful, but separate, mental and special.

Integration

At the end of a Natural Breathing session, you will integrate your new level of heightened consciousness.

Chemical anesthesia

Chemically anesthesia deflates Natural Breathing and the ability to feel the events that are happening now.

Anesthesia was introduced as a pain killer for childbirth and other situations with pain in the 1940s. This might have caused the popularity of drugs as a means of feeling alive in the 1960s.

General anesthesia makes a person lose contact with the here and now, making them feel drugged, foggy and as if you are fading out. At birth, chemical anesthesia sometimes goes through the placenta to the baby. Then the baby may feel that he or she is losing consciousness and the power to stay alive.

Anesthesia during a delivery weakens the contractions, which may leave the child feeling unsupported and wondering if mother is OK or if she has died.

Chemical anesthesia is recognized by a breathing that *fades in and out*.

A reason that you may feel anesthetized in a session, is that you are re-experiencing the memory of the presence of the chemical anesthesia in your body, which means that when this level of memory appears, the physical body's neuro-peptides immediately recreate the experience of this chemical.

Chemical anesthesia can also include fear of losing consciousness and have emotional anesthesia attached to it.

The ways chemical anesthesia is released

Chemical anesthesia that is stored in the body has to be breathed out. Therefore, somehow you have to stay awake enough to be able to breathe while the anesthesia leaves.

- ◆ Breathing in more oxygen cleans out the chemicals.
- ◆ Breathing in Life-force releases the trauma from the sub-consciousness.

Suggestions to keep a person breathing out chemical anesthesia

- ◆ Talk to your Breather and have him/her become aware that he/she is sinking into his/her unawareness or sub-consciousness.
- ◆ Encourage your Breather's breathing for a while and then, after their energy has been increased, let him/her go unconscious, because on return, he/she has more tingling and awareness.
- ◆ Ask your Breather if he/she knows that he/she is stopping breathing.
- ◆ Ask your Breather to keep his/her eyes open.
- ◆ Ask your Breather to lift his/her arm, either from the elbow or from the shoulder. If they go out again the arm will fall and wake your Breather up.
- ◆ Lift your Breather's legs, from the feet, and shake the legs, which transports up the whole body.
- ◆ Ask your Breather to sit up, maybe against a wall.
- ◆ Put a cold-water towel on your Breather's forehead.
- ◆ Record a video of what their breathing looks like, so they can see for themselves.
- ◆ Do a hot water breathing session.
- ◆ Do a cold-water breathing session.

Emotional anesthesia

Emotional anesthesia or unconsciousness means that you stop and hold your breath – storing a trauma into a sub-conscious memory.

Emotional anesthesia keeps you from feeling a disliked emotion.

Emotional anesthesia is caused by:

- ◆ Resisting feeling an emotion.
- ◆ Thinking that it's not safe here. "It's not safe to feel this, let's go unconscious".

Emotional anesthesia shows up in a session, when you have increased your energy so much that you contact a sub-conscious memory.

Emotional anesthesia is recognized by a *quick stopping* of your breathing. This is not a foggy experience, like chemical anesthesia, but an instant going unconscious.

People can benefit from going unconscious, if they have already built up and retained more Source Energy than usual, because that is a letting go of control and so they will learn to trust that again. They also usually pick up some information and surrender into more tingling while they are gone.

Some people are afraid of going unconscious and become very good at staying conscious and breathing. Sometimes they need to go unconscious to get through this fear.

Any re-experiencing and releasing might include going unconscious. This is one reason going unconscious is not bad.

If a trauma is severe, a person can benefit from having prolonged unconsciousness in a session.

But being unaware is only beneficial, if a surplus of retained Source Energy has already been built up.

Suggestions for releasing emotional anesthesia

- ◆ Stay focused on a good inhale.
- ◆ Find the emotion and the memory and thought that is causing the emotion.
- ◆ Try to feel safe and think: "How am I safe"?
- ◆ Inspire Breather to feel safe and have a new experience.

The way through emotional anesthesia is to keep a balance between breathing more and surrendering to unconsciousness.

Emotional anesthesia is worked out through breathing in more Source Energy and experiencing the emotion.

Types of unawareness	Onset reason	Breathing pattern	Meaning	Correction
Chemical anesthesia	<ul style="list-style-type: none"> External substance. Memory of your mother and/or you being anesthetized. 	<i>Slow fading in and out of breathing.</i>	Feeling drugged.	<ul style="list-style-type: none"> Breathe a lot. Stay aware.
Emotional anesthesia	<ul style="list-style-type: none"> Trauma Judgment Choosing to not be present. 	<i>A quick pass out and stopping of breathing.</i>	Resisting releasing a trauma.	<ul style="list-style-type: none"> Create safety. Catch experience.
Artificial breathing	Avoiding an unconsciously or consciously feared experience.	Looks like Natural Breathing, but without much air-exchange and awareness.	Mechanically moving chest up and down, but without much air intake or air release.	<ul style="list-style-type: none"> Choose to be aware. Repeatedly ask Breather what they are aware of.
Sleep	<ul style="list-style-type: none"> Turning your head. Tiredness. Avoiding feeling. Stubborn refusal to apply the Five Breathing Basics. 	<ul style="list-style-type: none"> Sporadic Breathing without awareness. Snoring. 	Being unconscious.	<ul style="list-style-type: none"> Keep your nose straight to the ceiling. Wake up.
<ul style="list-style-type: none"> Thinking Spacing out Daydreaming 	<ul style="list-style-type: none"> Following a thought. Not committed because of not realizing the benefit of Natural Breathing. Avoiding feeling. Stubborn refusal to apply the Five Breathing Basics. 	Not much breathing.	Not very conscious mental involvement.	Choose to experience.
<ul style="list-style-type: none"> Astral projections Visions 	<ul style="list-style-type: none"> Believing it is better over there. Not understanding that healing is for the subjective internal beingness and fascination with the external is distraction from owning oneself. 	Avoiding Natural Breathing.	Focusing on something that is not a current experience.	Learn the difference between thinking and perceiving something and experiencing the here and now.
<ul style="list-style-type: none"> Integration without awareness. Spirit disconnection. 	Unable to stay aware.	Suspended breathing.	<ul style="list-style-type: none"> Loss of control. Picking up sub-conscious information. 	OK
Integration with awareness.	Staying aware.	Suspended breathing	Integration	<ul style="list-style-type: none"> Ideal Enjoy

What to do with a Breather that goes unconscious

Generally, it is best to stay conscious throughout a Natural Breathing session, but sometimes trying to stay conscious is based on having to be in control, and in this case, it is good to go unconscious to re-establish safety with being out of control.

- ◆ If the Breather fades in and out, get them back early or wait. This means to get their attention as soon as you see any slacking off of their breathing. Also, get their attention so much that they are really present, perhaps by asking them to respond verbally.
- ◆ If a person continuously goes out, have them take five deep consecutive breaths. The purpose of this is to get the person back to the breathing again. The reason they are not doing Natural Breathing is because of some resistance. Through the five deep consecutive breaths a Breather sometimes releases this resistance and therefore can continue a good breathing.
- ◆ Only accept stopping Natural Breathing if they have already increased their level of Life-force and suspend their breathing for more than a minute. This allows them to lose control and open up their sub-consciousness.

If they go out a short time and maybe even often, they will not benefit, because they have not retained enough Life-force to access their sub-conscious and will only vacillate back and forth between sleep and awake.

If they are only slightly gone, they can be nudged. If they are far gone, don't try to get them back. They will come back by themselves, after they have finished completing some incomplete material.

Sometimes it takes several sessions to clear out enough anesthesia to stay conscious.

When you can't get into the Natural Breathing, you are unaware about a certain topic. Bring up this topic during the breathing session by talking and taking a look at it.

What to do after a person has gone out and is coming back

When people go gray, white and blue don't disturb them. Be still, quiet, and focus on them. Don't make sounds. Don't touch. Don't wake them up. It can be a jolt to them.

People can be gone for minutes. Don't worry.

When they come back they have more tingling, everything is bright, and they may have a memory; therefore, going unconscious may be a good thing.

When a breather becomes aware again, they are not aware of where they are. Be ready to welcome them back, so they'll recognize where they are and feel safe.

Say: "You are safe". "You are in a session."

Ask: "Do you feel the rush?"

If they don't breathe, tell them to take a breath.

Maybe help them lift their head if they try to sit up or tighten their chest.

Don't smother.

Ask: "What did you see?", "What are you experiencing?"

The amount of LIFE-FORCE increased

The amount of energy you take in.



The Breathing Threshold

Tingling

Caused by:
• Awareness
• Natural Breathing

Feel Energized

Feel O.K.

Feel Drained



Caused by:
• Moving
• Thinking
• Not Breathing

Threshold

The amount of energy you disperse.

The amount of LIFE-FORCE used up.

The Breathing Threshold

Breathing beyond the Breathing Threshold means to break your Breathing Control System and retain more life-giving Life-force than you use up.

Your Breathing Threshold is the point in your breathing, where your inhale tends to end, and your exhale starts. It is the depth you are inclined to inhale to.

When you do the 5 Breathing Basics, you breathe more than you are inclined to and thus retain more Life-force than sub-ventilating allows. This is called “Breathing Beyond your Breathing Threshold”.

- ◆ You add more Life-force and go beyond your Breathing Threshold by being aware and inhaling deeper than you are inclined to.
- ◆ You use up Life-force and breathe below your Breathing Threshold by being unaware, moving and thinking.

Locating the Breathing Threshold

Your Breathing Threshold is encountered in every breath.

The depth of your inhale, before you hit the Breathing Threshold varies, depending on how much Life-force you are using up.

For example, if you run, you can breathe deeply, without going beyond your Breathing Threshold. If you are very present and relaxed, you don't need to breathe much to go beyond your Breathing Threshold.

Breathing beyond the Breathing Threshold is where you retain more energy, health, passion, and success.

Natural Breathing builds Life-force through speed, depth, and surrender. How deep and fast you need to breathe to go beyond your Breathing Threshold, depends on how much energy you use up.

Tingling

When you have increased Life-force, you will experience TINGLING. Tingling is a heightened sensation, coming from an increased vibration of your cells / energy body / spirit / Life-force. If you have tingling, you know you are breathing beyond your Breathing Threshold and that you have retained more life-giving Life-force.

The more Tingling you have, the more you are above your Breathing Threshold. The more drained you feel, the more you are below your Breathing Threshold.

When you do Quality Natural Breathing, you should have tingling within a minute, or you don't have the correct relationship between breathing, awareness, and surrender.

If you have a lot of tingling in your body, don't struggle to correct or adjust your breathing, even if it technically doesn't look perfect, your breathing has taken you above your Breathing Threshold and thus is already good enough to cause change.

Common ways to keep below the Breathing Threshold

Your Breathing Control System adjusts your breathing to match your use of Life-force.

- ◆ Physical struggle
 - Not taking the breath in and/or letting it out all the way.
 - Chest not expanding and collapsing with the inhale and exhale.
 - Moving and fidgeting.
 - Not moving but tensing muscles.
 - Breathing with your jaw and mouth moving in unison with inhales and exhales, looking like a fish breathes.
 - Keeping the muscles that holds your jaw so tight that your jaw is locked in a too open position.
 - Making sounds.
 - Talking.
- ◆ Emotional struggle
 - Acting out emotions
 - Not feeling emotions
- ◆ Mental activity
 - Thinking – whether it is following thoughts, daydreaming, positive thinking, trying, praying, or being fascinated with visions.
- ◆ Being unaware.

Going beyond the Breathing Threshold

Your goal for your Natural Breathing sessions is to break your Breathing Control System and retain more Life-force, by increasing your energy input and decreasing your energy output.

You can do this by adding more input and keep the output the same, like breathing exercise or keep the input the same and decrease the output, like meditation. You can either breathe more or surrender more – or do it in the most efficient way by doing both – breathing more while also surrendering more.

Your breathing Quality is more important than your breathing Quantity. A quality breath takes you beyond the Breathing Threshold, in every breath. A quality breath includes breathing in all the way and then breathing out all the way.

If you don't inhale all the way, then your increase of Life-force is not maximized. If you don't exhale all the way, then you can't take a full inhale and accept new fresh Life-force.

EXERCISE

Breathing with and without crossing the Breathing Threshold.

What is your volume of air intake?

What is the speed of your breathing?

What is the frequency of your breaths?

- ◆ Breathe deeply and struggle at the same time.
- ◆ Breathe deeply and slow at the same time.
- ◆ Breathe shallowly while being relaxed.
- ◆ Breathe fast while struggling at the same time.
- ◆ Breathe fast and shallowly at the same time.
- ◆ Breathe slowly while being relaxed.
- ◆ Breathe deeply with a good tempo, while being relaxed.

Notice how you can stay below and go beyond the Breathing Threshold.

Effective breathing

When you lose control inside a lot of energy, you uncover new consciousness territory.

Breathing too perfectly may keep you from losing control, while breathing too little doesn't get you anywhere.

Don't adjust the breathing if it is beyond your Breathing Threshold. Only adjust it if it is below your Breathing Threshold and no extra energy is being built.

If you are prone to drama, then surrender more. If you are a suppressed person, give yourself some space to lose control.

Reminders for effective breathing

- ◆ Stay aware.
- ◆ Breathe fully.
- ◆ Stay relaxed.
- ◆ Enjoy your experiences.

The Inhale

The Natural Breathing's Inhale

The inspiration is the part of the breathing where you take in air. It is RECEIVING life and all that comes with it.

The characteristics of your inhale *show how much and at what speed you take in* life, money and love. It shows how much you say yes to life and take passionate action.

The Natural Breathing inhale should be full, complete and relaxed, but not slow. It should be as deep and at the speed you inhale when you exert yourself or sigh.

Don't breathe in a shallow way. Don't resist the inhale or struggle to inhale. Focus and choose the inhale.

Like a balloon with a smile painted on it. The more the balloon is inflated the bigger the smile gets. This is similar to how the volume of your inhale mirrors how much you smile at life as well as how much life smiles at you.

During the inhale, when you inflate and deflate your lungs, your ribcage should expand and change size. The sensation should be of inhaling against elasticity, much like when you are blowing up a balloon, you gradually feel more and more resistance.



The volume of your inhale

The depth of your inhale *shows how much new life* you take in.

The depth of the inhale should fill up your lungs with air.

The depth of the inhale should expand the ribcage more than normal.

You can know how deep your inhale should be by observing how deep you inhale when you sigh, yawn or run.

Deviations of the volume of the inhale	Reason	Decisions	Correction
Shallow inhale <ul style="list-style-type: none">▪ Not building any new Life-force and expansion.▪ The ribcage not moving much while taking a breath.	<ul style="list-style-type: none">▪ Shallow participation in life.▪ Not understanding that your lungs are supposed to be used.▪ Depression.	<ul style="list-style-type: none">▪ Life is hard.▪ I don't want to.▪ I don't want to be here.▪ Life is unfair.	<ul style="list-style-type: none">▪ Say: Breathe deeper.▪ Take 3 deep breaths.▪ Expand your lungs fully.▪ Teach how to do Natural Breathing.▪ Compare your usual breathing with the real capacity of your lungs. Why do you have such a huge breathing capacity if you were not supposed to use it?▪ Remember your Personal Quest.▪ Tap lightly on the chest.▪ If fast and shallow – slow down.
Too deep inhale <ul style="list-style-type: none">▪ Struggling and working too hard during the inhale.▪ The ribcage being inflated with a jerking of the ribcage.	<ul style="list-style-type: none">▪ Forcing▪ Struggling with life.	<ul style="list-style-type: none">▪ I need to be willing because I am so guilty or bad.▪ There is lack.▪ This is hard.	<ul style="list-style-type: none">▪ Say: How can your inhale be easy?▪ Easy on the inhale.▪ Don't work so hard.▪ Relax more on the inhale.▪ Be gentle.▪ Breathe a bit faster.▪ If severe, focus on something other than the breathing.

EXERCISE

Checking my inhale.

Choose to yawn, while focusing on your chest expansion.

Notice how much you can inhale and how much your chest expands. This is the depth and capacity with which you are meant to inhale.

Take a really deep inhale, where you feel that you really expand your ribcage.

Notice how you increase your breathing and your aliveness.

The speed of the inhale

The speed of your inhale *shows how fast you take in new life and change.*

The speed of the inhale is the time it takes from the beginning of the inhale to the end of the inhale.

The inhale speed should be enthusiastic, like the first breath you take after swimming under water for a while or the last phase of a yawn.

You can know how fast you should breathe by observing how fast you breathe when you are running.

A faster inhale is ineffective if the intake volume decreases, like panting.

Deviations of the speed of the inhale	Reason	Decisions	Correction
Slow, passive and lazy inhale <ul style="list-style-type: none">▪ Takes a long time.▪ Getting no addition of Life-force.	<ul style="list-style-type: none">▪ Hesitant about being alive.▪ Don't want to do it.▪ Holding life out.▪ Wants someone else to do it for them.▪ Fearful.▪ Holding back.	<ul style="list-style-type: none">▪ I can't do it.▪ I don't want to do it.▪ I don't deserve this.	<ul style="list-style-type: none">▪ How can you breathe faster?▪ Pull the inhale in faster.▪ Go for it.▪ You can do it.▪ Go for more energy.▪ It's OK to choose life.▪ Why could you trust change?▪ Let life in.▪ Change their attention by focusing at the end of the inhale.▪ Process why they go slow.
Too fast inhale <ul style="list-style-type: none">▪ The inhale is taken in a hurry.▪ Through the effort involved the retained energy is low.	<ul style="list-style-type: none">▪ Being in control.▪ Needing to work hard to have the right to be here.▪ Struggling with aliveness.	<ul style="list-style-type: none">▪ I don't have the right to be here.▪ I'm guilty.▪ There is lack.▪ I'm impatient.▪ I need to breathe well.▪ I don't want to experience the now.▪ Time is running out for taking in life,▪ I better hurry.	<ul style="list-style-type: none">▪ Have them change attention by focusing on the beginning of the inhale.▪ How can you slow down?▪ Slow down.▪ Easy on the inhale.▪ Don't work so hard.▪ Relax on the inhale.▪ Be gentle.▪ Quality breathing is more important than quantity breathing.▪ It is safe to relax.▪ You have the right to be here.

EXERCISE

Checking my inhaling speed and tempo.

Breathe like you would do, if you were running.

Notice the speed of your inhale. This is the speed that you breathe with when you are “alive”.

Take a passionate inhale where your lungs are filled quickly.

Notice how an increase of your inhaling speed brings more aliveness.

The Exhale

The Natural Breathing's Exhale

The characteristics of your exhale *show how you let go* of anything standing in the way of fully trusting Affirming Presence and the next moment of abundance.

The exhale is the letting go, so you can have new experiences. You need to let the exhale go in order to not stagnate. If you don't exhale, you can't take in another inhale. You always have to exhale.

The exhale leaves by itself. You don't do the exhale. The exhale needs no activity. Your lungs are emptied by the contraction of the elasticity that is created during your inhale. Your lungs are also emptied by gravity collapsing your ribcage. The exhale happens because that is how the spirit enters and leaves the body.

This is like letting the air out of a balloon – the air leaves by the contraction of the elasticity of the balloon.

The exhale should be effortless.

During the exhale, your ribcage should contract and become smaller. If it doesn't shrink you are controlling and holding your exhale.

The depth of the exhale

The depth of your exhale *shows how much you surrender, trust, and let go*.

Your exhale should go all the way so your lungs empty but not so much that your lungs get inverted.

Deviations of the depth of the exhale	Reason	Decisions	Correction
Exhaling too little: <ul style="list-style-type: none">▪ Not letting the exhale out all the way.▪ Keeping some air in your lungs.	A little holding back at the end of the exhale is enough to stay below the Breathing Threshold.	<ul style="list-style-type: none">▪ Not exhaling all the way is not trusting that there will be another inhale.▪ Belief in lack.	<ul style="list-style-type: none">▪ Exhale all the way.▪ Focus on your feet.▪ Focus at the end of the exhale.
Exhaling too much: Emptying your lungs beyond what is natural and thus Inverting your lungs.	Struggling with your exhale means that you are wasting energy.	<ul style="list-style-type: none">▪ I need to get rid of life.▪ I don't have the right to be here.	<ul style="list-style-type: none">▪ Relax your exhale.▪ Pick up your inhale sooner.

EXERCISE

Checking my exhale.

Do Natural Breathing.

Notice if you exhale all the air out from your lungs.

Notice if you retain any air in your lungs on your exhale.

Exhale more than you naturally do.

Notice if you can exhale more than you usually do.

Exhale less than you naturally do.

Notice how retaining air in your lungs makes you get out of breath.

Notice how exhaling fully increases your inhale capacity.

The speed of the exhale

The speed of your exhale *shows how fast you surrender, trust, and let go.*

Your exhale should be relaxed and take the same amount of time as the inhale.

Let the air fly right out and leave your lungs and body without any interference to its speed, by either pushing your exhale out or slowing it down or making sounds.

The speed of your exhale should be the same as your exhale while running.

Deviations of the speed of the exhale	Reason	Decisions	Correction
Sped up and quick exhale. <ul style="list-style-type: none">Pushing and forcing the exhale to exit faster than gravity's pull on the ribcage and the elasticity of the muscles in the rib-cage.	<ul style="list-style-type: none">Not liking to be here.Not liking life.Not liking to have experiences.	<ul style="list-style-type: none">Pushing life away.Let's get it over with.Let's get rid of my experiences.	<ul style="list-style-type: none">Slow down your exhale.Relax on the exhale.Gentle on the exhale.Focus on the inhale.Focus your attention on top of your head.Imagine the exhale like a falling feather.It is safe to let go.Process why they control the exhale. Extreme case <ul style="list-style-type: none">Speed up the breathing.Try to stop breathing.Make them think about something other than the breathing.
Slowed down outdrawn exhale. <ul style="list-style-type: none">Making the exhale take a longer time by holding and restraining the ribcage.	<ul style="list-style-type: none">Fear of letting go.Resisting letting go.Attachment.Fear of losing control.Holding on to life.Holding back.Squeezing out life.Fear of emotions.No trust.Fear of intimacy.	<ul style="list-style-type: none">It is not safe to feel.I don't trust.Attachment.	<ul style="list-style-type: none">Exhale faster.Let the exhale fly right out.Be enthusiastic on the exhale.Let go of the sound.Focus at the beginning of the inhale. Physical suggestion <ul style="list-style-type: none">Push gently on chest during the exhale.

EXERCISE

Checking my exhaling speed.

Do Natural Breathing.

Notice if your exhale takes longer than your inhale.

Exhale faster than you are used to.

Notice if you feel stressed.

Exhale slower than you are used to.

Notice if you feel held back.

Notice how the speed of your exhale affects how relaxed and present you feel.

Tetany

Tetany is a temporary tightening of some of your muscles

Tetany is a good sign that you have increased your amount of retained Life-force so much that you have gone beyond your Breathing Threshold.

Tetany is always safe

Tetany will pass within some minutes. You will always leave a Natural Breath session with your body functioning perfectly.

The first time someone has Tetany, it can be startling, if they don't know what Tetany is and how it works before their session, because the first experience is that you lose control of your hands, arms, mouth and face. After you have had the experience you know it is safe, so it becomes a very interesting experience.

Most people get Tetany at some time during their sessions. This is considered a valuable experience of letting go of control. If no Tetany ever occurs, you are not breathing enough or surrendering enough to go beyond your Breathing Threshold.

Tetany can be caused by resistance

The most common reason for Tetany is resisting an increased level of healthy Life-force. It comes from saying "NO" to something – anything.

Don't forget that for resistance to be provoked, you must have increased your Life-force so much that you are touching new territory. This is a step and a sign that you are successful.

If you find out what you are not accepting and then accept it, the Tetany is immediately gone.

Tetany is one way that the Breathing Control System tries to get rid of your increased Life-force. It tenses muscles, to bring you below the Breathing Threshold.

Suggestions of how to release Tetany caused by resistance:

- ◆ Tetany is an attempt to return below your Breathing Threshold. When you have strong Tetany, let go of trying to increase your breathing because it will just make your Tetany struggle more.
- ◆ Accepting all your experiences keeps you relaxed and free.
- ◆ Be clear on that it is not the Natural Breathing that is causing the Tetany, but the resistance to the experience.
- ◆ Become aware of the negating re-action at the beginning of the Tetany.

Tetany can be caused by a lack of carbon-dioxide

Sometimes Tetany comes from exhaling so much that you get a lack of carbon-dioxide. Your body reacts by tightening up to stop your excessive exhale until it is balanced again.

This kind of Tetany does not come from inhaling too much oxygen, even though some call this hyperventilation, but is the *correction to exhaling too much carbon-dioxide*.

If your Tetany gets so severe that you struggle with it, which will bring you below your Breathing Threshold, back off on the speed and depth of your breathing.

Suggestions of how to release Tetany caused by a lack of carbon-dioxide:

- ◆ Stop pushing out the exhale. Slow down the exhale. Relax your exhale.
- ◆ Focus on the inhale.

The ideal way to use Tetany

The most effective way to do a Natural Breathing session is to breathe so much that you ride the ridge of repeatedly increasing and letting go of a little Tetany.

EXERCISE

How I Master Tetany.

Do the Five Breathing Basics for a few minutes.

Notice your tingling and how much you enjoy it.

Start to resist your experience.

Notice how your tightness and tingling is transformed into Tetany.

Notice how you can create and un-create tingling and Tetany at will.

Notice how you can have your life support you or fight against it.

Hyperventilation

Hyperventilation means Too Much Breathing.

That is a mis-labeling. Do you worry about breathing Too Much when you run, have emotions, dance or make love? I don't think so.

The concept of Hyperventilation was born from watching distressed people and noticing that they were breathing a lot. Once, the "heavy" breathing was stopped, these symptoms diminished.

The idea followed that it was the breathing that caused the distress and that got labelled Hyperventilation and was considered dangerous.

Unfortunately, the interruption of the "heavy" breathing also created additional anxiety and an extensive recovery period.

The symptoms included emotions and Tetany, which were very difficult for onlookers to just stand by and do nothing about. They didn't understand that a natural healing process was taking place. So, so called solutions were developed, which basically meant techniques and medicine to stop breathing like that.

What was really happening was that the "hyperventilation" was releasing and healing a sub-conscious trauma.

Traumatic experiences are stored as sub-conscious memories, by holding one's breath or "getting the air knocked out of you".

Eventually, you'll recover more aliveness and feel safe again. Then, the shield, that conceals your sub-conscious memory, loses its need to protect you and turns transparent, letting your guarded memory to be faced again. This is what you need, to release it, and to be free to live fully, now.

If you get interrupted in the middle of a Hyperventilation and don't get to complete your release of your sub-conscious trauma, you get stuck with your trauma being half uncovered, but without processing your fear memory. This is painful and takes time to fully suppress again.

To successfully release a sub-conscious memory you need to feel safer than normal and have a built-up energy momentum, which you get by Natural Breathing. This may look, to an inexperienced eye as Hyperventilation. But, it really is a fortunate opportunity to free oneself.

Too Much Exhaling

Sometimes Hyperventilation can become a forced exhale – a pushing the exhale out more and longer than you inhale.

You cannot inhale too much, but you can exhale too much.

This can cause a lack of CO₂. The body needs a certain amount of CO₂, so if there is a lack of CO₂, the body will self-correct and stop your intensified exhale.

You can never inhale too much air. YOU WILL NEVER HAVE AN EXCESS OF O₂.

What To Do

Nowadays, we have learned that, if someone is exhaling more than inhaling, sometimes labelled Hyperventilation, having them breathe into a paper bag, makes them inhale the CO₂ that they exhaled and thus recover their CO₂ balance.

Even better, if you can just sit, wait, and do nothing, except be present for someone “Hyperventilating”, then, within minutes, the whole process is quickly completed and the person feels better than they ever had. This also leaves no need for a recovery period.

The Main Skill

If you encounter “Hyperventilation”, and you want to make it easy for yourself and others, make sure you switch the focus from pushing the EXHALE out, to pulling the INHALE in.

Hyperventilation can be used as a great tool if you handle it correctly. Natural Breathing can free your trauma and repair your breathing.

Continuous Breathing

Natural Breathing engages your breathing in a continuous flow

How you connect your inhale and exhale *shows how much you live in the now, are spontaneous and how you take advantage of your opportunities.*

Circular Breathing turns the wheel of accepting abundance and being generous.

Natural Breathing is connecting your inhale and exhale and your exhale and inhale, without any gaps.

Deviations of the continuous the breath	Reason	Decisions	Correction
Making a pause, or holding your breath.	<ul style="list-style-type: none">▪ Stopping the flow of aliveness.▪ Hesitating.▪ Procrastinating.	Life is a struggle.	Connect your inhale with your exhale.
Pausing your breathing between the inhale and the exhale.	You fear letting go and having a new experience.	<ul style="list-style-type: none">▪ I can't let go.▪ I don't trust.▪ I am attached to the way things are.	<ul style="list-style-type: none">▪ Exhale a little sooner.▪ Focus on the beginning of your inhale.
Pausing your breathing between the exhale and the inhale.	<ul style="list-style-type: none">▪ Not looking forward to life.▪ Lack of motivation.	<ul style="list-style-type: none">▪ Fear of taking a chance.▪ I can't do it.▪ I don't want to do it.▪ I don't deserve.▪ I don't want to start anything new.	<ul style="list-style-type: none">▪ Inhale a little sooner.▪ Focus on the beginning of your exhale.

EXERCISE

How my inhale and exhale follow each other.

Take an inhale and pause before your exhale.

Notice if this makes you feel safe.

Notice if this makes you feel like taking a chance or are procrastinating.

Exhale and make a pause before you take your inhale.

Notice if this makes you hold back.

Notice if this makes you feel motivated.

Breathe with your exhale following immediately after your inhale and inhale immediately after your exhale.

Notice if this makes you more alive and engaged.

Your Breathing Tempo and Rhythm defines how passionate you are

The speed of your inhale and exhale combined, gives you *your tempo and rhythm of life.*

- ◆ A good tempo gives you an exciting life.
- ◆ A continuous rhythm gives you a strong aliveness.

Mouth vs. Nose Breathing

Breathing can be done through your mouth or your nose

Mouth vs. nose breathing *shows you whether you tend to engage and relate more with your external world or your internal world.*

Unobstructed Natural Breathing is always through the mouth.

Mouth breathing

Breathing through your mouth *shows that you are physically and emotionally engaged with your life.*

Mouth breathing connects you with your physical and emotional experiences.

Whenever you laugh or cry or run or exercise or sigh or yawn, you breathe through your mouth, so Natural Breathing is naturally through the mouth.

Mouth breathing is preferred in Natural Breathing, because it is easier and gives you faster access to a full breath and more air, than through the nose.

Nose breathing

Breathing through your nose *connects you with your internal world.*

Nose breathing pacifies you. This may be good to do if you want to meditate or calm down.

Nose Breathing is not Natural Breathing, because it doesn't happen naturally when you let go of sub-ventilating.

Breathing in through the nose and exhaling through the mouth or any combination thereof uses mental and muscle activity. It takes effort and a certain level of control to constantly change the flow of the air and thus uses up Life-force, keeping you below the Breathing Threshold.

Sometimes nose breathing can take place at the end of a session, but is not ideal, since it dis-engages physical and emotional awareness.

EXERCISE

How my mouth vs. nose breathing affects me.

Breathe through your nose.

Notice how much you connect with your internal vs. external world.

Notice how much tingling you get.

Breathe through your mouth.

Notice how much you connect with your internal vs. external world.

Notice how much tingling you get.

Alternate breathing in through your nose and out through your mouth.

Notice how much you experience your internal vs. external worlds.

Notice if you experience more when breathing through your mouth vs. nose.

Chest vs. Belly Breathing

Natural Breathing inflates your chest

Chest vs. belly breathing shows you whether you connect emotionally or not.

Chest breathing shows that you are interested in your life, engage in it, take charge and take your life personally.

Belly breathing shows that you stuff your feelings, is a spectator and don't face your circumstances. You engage mentally and physically, but no awareness of your emotions and actual personal Healing-journey.

Your lungs are located in your chest and must be inflated to add air to your body.

You have intracostal muscles between and behind your ribs. They lift up your rib-cage and fill your lungs. Every time you exert yourself, laugh, yawn, sigh, have emotions and are passionate you breathe into your chest.

A chest that is flexible, expanding on the inhale and collapsing on the exhale, activates your feeling, leaving you with a full and alive breathing.

Your heart-chakra is stimulated when your chest moves, demonstrated by chest breathers being more loving and belly breathers being more emotionally absent.

Your inhale should be filled up from the top of your chest and then expand, down through your solar plexus, into your abdomen, and then to the rest of your body. If your breath jumps over and avoids your solar plexus area you are skipping your personal power to create the life that you want.

If a person intends to do Natural Breathing, but is educated in diaphragmatic breathing, which has a different purpose than Natural Breathing, the person needs to be re-educated on how to breathe into their chest.

Deviations of breathing in the lungs and chest	Reason	Decisions	Correction
Avoiding chest movements and filling up the top of the lungs <ul style="list-style-type: none">▪ Belly breathing.▪ Avoiding the expansion of the Solar Plexus.	<ul style="list-style-type: none">▪ Mis-educated of how to breathe.▪ Lazy▪ Fear of having emotions.▪ Fear of letting go.▪ Fear of personal power.	<ul style="list-style-type: none">▪ I can't trust.▪ I am not safe.▪ I want to be alone.	<ul style="list-style-type: none">▪ Breathe into your chest.▪ Put one hand on your chest and the other on your belly and feel your breathing.▪ Pull your breath to the top of your head.▪ Briefly tap on the sternum.

EXERCISE

How my chest vs. abdomen breathing affects me.

Breathe into your abdomen.

Notice if this makes you feel strong.

Breathe into your chest, expanding to your abdomen, skipping your Solar Plexus.

Notice if this makes you feel empowered.

Breathe into your chest.

Notice if this makes you feel engaged.

Notice if you tend to breathe into your chest or your abdomen.

Sessions with or without Intention

Without Intention

Your main focus in doing a Natural Breathing session is to build an excess of Life-force and then to trust that that Life-force has the power and wisdom to give you life, health and to nurture you.

That increased energy gradually permeates your being more and more. If there are any blocked areas, they become highlighted and released as the Life-force permeates those areas.

If you interfere with your mind and have ideas of what you want, you use up energy and are pulled below your Breathing Threshold and you'll re-direct your Life-force, to a side track, which slows down your real expansion.

With Intention

On occasion you may want an intention for your session because you want to deal with a particular issue or goal.

If you have an intention to accomplish a particular result, you should contemplate that intention before you start your Natural Breathing section.

Then, during the breathing section, only focus on Natural Breathing and let the Life-force find the optimum path. This keeps you above your Breathing Threshold and allows your Life-force to look for and open you up to your new success.

All active thinking stops progress

To focus on a wish, such as breathing in light or affirming a goal, does not put awareness towards a block or energy towards a goal, and therefore does not create success.

As you progress on your Healing-journey towards more success, you purge deeper and deeper layers of mis-conceptions and Incomplete Experiences, like peeling the layers of an onion.

The deeper you go the stronger the Breathing Control System will resist going any further, whether you are conscious of it or unaware. At those times you need a more thorough investigation to uncover what needs to be let go of.

A good way is to ask questions that will bring clarity to what is being held on to or what is being avoided.

PRACTICE

Exchange a Natural Breathing session observing how the Breather stays above or below their Breathing Threshold.

Do this Natural Breathing session while observing:

How much Source Energy is increased through awareness and ongoing inhale's depth and speed?

How much Source Energy is used up through being struggling with the breath, unaware, thinking and/or tensing?

Notice the effect of breathing above and below the Breathing Threshold.

Breathing sounds

Breathing sounds *means that you are resisting increasing your Life-force level.*

Breathing sounds are not a part of Natural Breathing, nor created by the breathing mechanism. You don't make breathing sounds in your daily life.

Breathing sounds are made by tightening your lips, mouth or throat. A breathing sound can be produced on the inhale or the exhale. Tightening a physical tissue takes effort and keeps you below your Breathing Threshold.

Using a balloon to demonstrate this, you can see that the opening of a balloon has to be tightened to create a sound, where the opening is obstructing the air flow. The breathing mechanism should be a free open channel all the way through, with all tissue relaxed.

When you start making breathing sounds in the beginning of the session you need to relearn how to breathe without sounds.

When you suddenly start making sounds in the middle of a session you know some issue just came up for you, and that your Breathing Control System is trying to get rid of energy by tightening up and making sounds.

Deviations of a soundless breathing	Reason	Decisions	Correction
Making Sounds <ul style="list-style-type: none">▪ Blocking Life-force's free intake. Resisting letting go of the air.	<ul style="list-style-type: none">▪ Tightening lips, mouth or throat.▪ Not wanting to take in more or to let it all go.▪ Having obstacles in life.	Unconscious reaction	<ul style="list-style-type: none">▪ Let go of your sounds.▪ Open your mouth more.▪ Maybe help holding the jaw for a moment.▪ Relax your lips and your jaw.▪ Breathe in the back of your throat.▪ Imagine a free and open passage into your lungs.▪ Your lips, mouth, and throat are not a part of the breathing mechanism.▪ Breathe faster.

Yawning

Yawning is a sign that you are so open that your body craves more air and Life-force, but you aren't conscious about the awareness, engagement and responsibility it requires.

You yawn when you let down your guard of should and can't.

When you yawn, you open up your chest and lungs and fill your body with more air, while also tightening your jaw.

Yawning is not sleep inducing, as is commonly known. The increased oxygen inhaled is actually waking you up, so yawning can be helpful.

A yawn is very similar to the inhale of a Natural Breath, except that you tighten your jaw muscles and delay your exhale, and thus use up energy.

Make sure you don't move your jaw while you breathe, looking like a fish breathes. Keep your jaw relaxed, and not tight in a closed or very open position.

If you are not breathing much, starting with yawning increases your air intake.

If your breathing is good, choose to breathe without yawning. Be aware to avoid tightening your jaw muscles and the usual pause after a yawn.

Be aware when your jaw muscles start to tighten. Resisting this tightening, by focusing on breathing faster at the beginning of the yawn, may get you beyond the urge to yawn.

Temperature changes

You may experience temperature shifts during a Natural Breathing.

One moment you may feel hot and the next moment cold. This is an internal experience. You will know that this is true, because the room temperature didn't change, others don't feel the same temperature change, and a moment later you may feel different again.

During these temperature shifts you may use a blanket or take it off. Using a blanket may make you comfortable for a while, but the independency of external correction to disliked temperatures is only released when these experiences become "interesting".

If you feel a temperature shift in your body during your daily life, you should check what issue just came up or release you just had.

Warm experiences can come from:

- ◆ Memories of being in the womb.
- ◆ The experience of emotions.
- ◆ A tissue that is opening up and letting the blood rush back in.

Feeling hot in some part of your body means that area has a lot of blood and Life-force circulation. This usually happens when the tissue relaxes and opens up the space for the veins to have more space.

Cold experiences can come from:

- ◆ The memory of coming out of the womb into the cold delivery room
- ◆ The memory of a trauma, such as leaving the body or mother having a fearful experience or surgery.
- ◆ The memory of anesthesia.
- ◆ Fear.
- ◆ A contraction of the tissue.

Feeling cold shows that your body is having an experience of change. Change is always good.

Color complexion

Your color complexion may go through different facets during a session.

- ◆ When you are red you are touching your emotions.
- ◆ Yellow and green usually indicates feeling sick, maybe from holding back in your solar plexus area.
- ◆ When you are white, gray, or blue it is a gradual and temporary leaving of your spirit from your physical body.

Smells and tastes

It is common to let go of anesthesia during a Natural Breathing session. If you smell or taste anesthesia you have let go of some. Anesthesia smells like ether, which is a sweet smell or taste.

- ◆ You may smell or taste anesthesia as it is released.
- ◆ You may have other smells or tastes that are associated with the release of particular personal memories.

Open and closed eyes

Generally, keep your eyes closed.

If you find yourself with your eyes open it could be because you don't know that it is easier to be aware of your inner experiences, when your eyes are closed or because you are afraid and want to stay in control.

If you find yourself unmotivated and going unconscious or being sleepy, you might find it useful to briefly keep your eyes open to stay present and alert.

Emotions

It is sometimes necessary to experience emotions to unhook and release them.

If you can have an emotion and continue your Natural Breathing with no effort exerted, you are above the Breathing Threshold and have a real release.

If a person often has emotions without continuing Natural Breathing, then trying to continue the breathing is preferable to feeling the emotion.

Perhaps, the first time you reconnect with having emotions you need the physical expression, as a stepping stone. If a person never expressed emotions, then overdoing it, even including a tightening of muscles is OK, because it takes more tightness or unconsciousness to suppress an emotion than to express it.

Touching

In general, you don't want to touch your Breather because they may believe that the progress was because of your touch, instead of the power of the breath.

Basically, give a nice normal physical support. Remember that most of your Breathers are grown-up self-sufficient human beings and not babies or invalids with the need of a lot of physical help. Back off from touching when dependency arises, and the touch is perceived as the cause of the success.

In rare situations, they might have the trauma described in Mastering Change – lack of holding and touching – and they might need some brief Safe Touch.

You don't want to caress your Breather. This gives a very different feeling than support. If your Breather asks for or takes your hand, just hold their hand for a little and then let them experience themselves again without your touch.

Don't mix in other disciplines of healing with Natural Breathing. Natural Breathing has all the power to create complete and permanent success.

Releasing a Breathing Resistance

Sometimes the breathing process will be thought of as being hard or you feel you can't or don't want to breathe. The reason is that an issue is just about to be freed and the Breathing Control System got your attention. This happens mostly at the beginning of a session. Identify why you can't or don't want to breathe. Then change this negative belief about the breathing, the support, or the session.

Try not breathing. This is impossible. Once the thought is changed and/or the breathing moves beyond the block, tingling is felt, and the breathing is easy again.

Body Movements

Types of Movements	Reason	Correction
Retracing movement is a movement that happens, without interruption of Natural Breathing. It feels like body is moving in a certain path and at a certain speed by itself. If the movement is repetitive, it is not retracing.	An energetic movement is being retraced, remembered, and released. This is a good movement.	Stay in close contact with the person having the experience. Make sure Natural Breathing is continued.
Conscious movements. This is a repeating movement.	Avoiding a release of an experience.	<ul style="list-style-type: none"> ▪ Lie still. ▪ Ask: "What are you experiencing?"
A body part levitating and floating.	<ul style="list-style-type: none"> ▪ A letting go of muscle control. ▪ This happens especially in the end of a session. 	Enjoy your experience.
Unconscious movements Jumping, twitching, spasm, coughing, and sneezing.	Sometimes sub-consciousness is about to be released, but at the last moment the Breathing Control System kicks in and deflates the energy.	<ul style="list-style-type: none"> ▪ If your body twitches it is OK. ▪ Remember that the jump isn't there all the time, so it must be triggered by a memory. ▪ Focus at the beginning and on the origin of the movement and try to breathe into this experience.
Shaking Quivering Chattering	<ul style="list-style-type: none"> ▪ Fearful ▪ Focused on peripheral activity (both in the session and life). 	<ul style="list-style-type: none"> ▪ Focus on breathing into the place of the collar bone. ▪ Expand the top of your lungs. ▪ Focus on your spine and core. ▪ Allow.
Shivering	Going through and releasing a trauma.	<ul style="list-style-type: none"> ▪ Be gentle ▪ Continue Natural Breathing.
Vibrating Strong Tingling	High level of Beingness.	<ul style="list-style-type: none"> ▪ Accept
Spinning Often associated with nausea.	<ul style="list-style-type: none"> ▪ Losing control. ▪ Experiencing coming down the birth canal. ▪ Opening up Solar Plexus and personal power. 	<ul style="list-style-type: none"> ▪ You are releasing a memory. ▪ Stay with it. ▪ If you feel nauseous, don't worry. It will pass quickly.

EXERCISE

Fine-tuning my breathing quality.

Lay down in front of a Natural Breathing professional and take yourself into what you think is a good Natural Breathing based on the Five Breathing Basics.

Discuss if you can improve your breathing.

The Breath Release

There is a breathing that exists when you are not holding your breath or sub-ventilating. This is your Natural Breathing.

Your Natural Breathing may be re-established through a Breath Release. It is experienced in a Natural Breathing session when you surrender.

The Breath Release happens when you let go. It may be the release of the memory of your first breath or any other time where your breath was obstructed, and the completion and integration of your experience was incomplete.

In the beginning of a Breath Release it might feel like a weight sits on your chest or that you can't get enough air even if you are breathing strongly, or that you can't breathe. When the original trauma happened, your breathing got stuck. This is a part of the release and totally safe. You will release your breathing and start breathing again, as you did at the time of the original holding.

This breathing feels like you are being breathed.

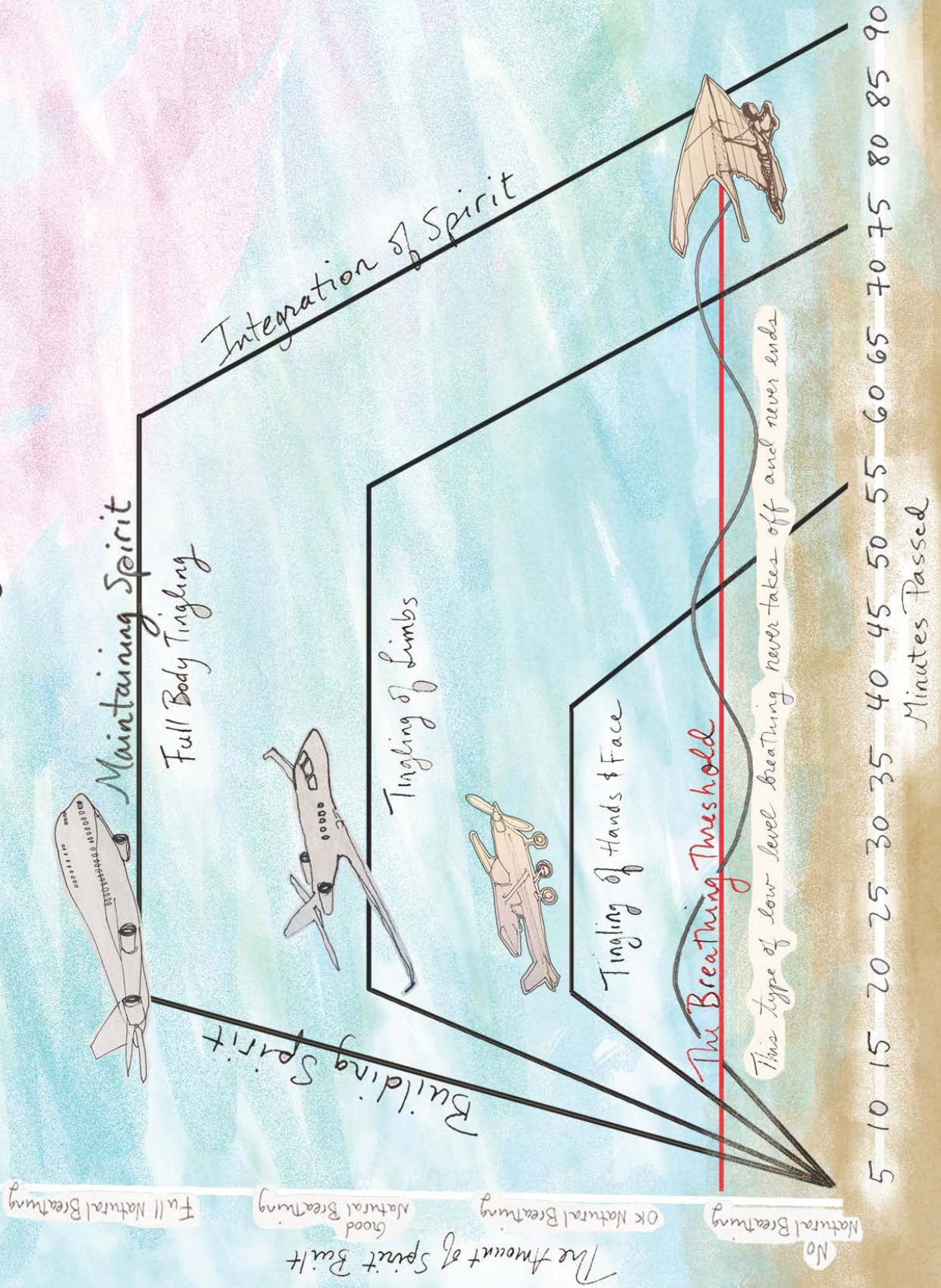
This is more easily healed than the original trauma because the trauma entered and engaged many senses, but the release deals with just one sense at a time.

If someone is having a Breath Release, don't ask questions or adjust their breathing. Since they are being breathed, they can't really stop. This experience subsides by itself, when the body and the Life-force have filled up the newly- opened space and recuperated the previous lack. It is almost like a vacuum that draws in air until it has been filled, and the vacuum is gone.

Sometimes the Breath Release can be released in one breath and sometimes gradually through many sessions.

Each release of an issue comes with a small Breath Release.

The Breathing Cycle



The Breathing Cycle

How long is a Natural Breathing session?

A Breathing Cycle is the time it takes for you, through Natural Breathing, to increase your Life-force, let it saturate you, and finally integrate as your new Being.

The Breathing Cycle is a natural and internal experience.

You engage in a Breathing Cycle in the same way as you eat a meal. When you are hungry, you start off eating a lot. Once your initial hunger is subsided, you might continue eating because it tastes good, but not as fast. Eventually you can't eat anymore even if it is delicious.

The 3 Phases of the Breathing Cycle

A Breathing Cycle includes the same phases as going for a flight. First, to be able to take off, you rev the engines at full speed and take off down the runway. Once you are up in the air and on your cruising altitude, you will level out, by reducing your throttle. Eventually you will have to land, by backing off on your throttle.

1. Building Life-force

The 1st Phase of the Breathing Cycle is when you increase your retained Life-force in your body. Here you focus on all the Five Breathing Basics. You know when you are in the Building Phase because you are increasing your tingling sensation.

2. Maintaining Life-force

The 2nd Phase of the Breathing Cycle is when you maintain your increased retained level of Life-force. Here you continue your Five Breathing Basics, except that the full passionate breath becomes more relaxed.

3. Integrating your increased Life-force

The 3rd Phase of the Breathing Cycle is to integrate your newly added Life-force. This phase usually starts by itself when you feel saturated and you start to complete your Breathing Cycle. In this phase, you need to get out of the way, loose control and let your body's breathing take over and do whatever it wants. Here you keep your alert awareness, while being relaxed and doing nothing.

The "Building" phase of the Breathing Cycle takes between 15-30 minutes. The "Maintaining" phase also takes between 15-50 minutes. And the "Integration" phase takes another 15-30 minutes.

The impact of your Breathing Cycle

If you start your Breathing Cycle with a shallow slow breathing, you won't have much momentum for a take-off, which won't get you any new experiences, nor real transformation. This is similar to how a propeller plane can only take you up to about 5000 feet altitude. At this level, you basically only get to see things that you are already familiar with, and maybe a glimpse of your potential.

If you start your Breathing Cycle with deep strong breathing, you take off to a full body tingling, like a jet plane that quickly launches you to 37,000 feet altitude. At this energy level you get the full experience of your awakening un- and sub-consciousnesses, like the panorama from 37,000 feet shows you the whole world.

You can make your breathing session easy and profoundly effective, by putting special focus on powerful Natural Breathing, at the take off.

Here is a metaphor of what to do during your Natural Breathing Cycle:

Imagine you are like an airplane.

You prepare the airplane at the gate, get everyone onboard and close the doors. This is like preparing the place for your Natural Breathing session. You find a comfortable relaxed position and cut your attention from your external experiences and instead focus all your attention on your internal experiences.

You taxi out to the runway. This is when you start to notice where your breathing pattern is currently at.

You are cleared to take off. This is when you decide to begin to Jump-start your Natural Breathing with the 5 Breathing Basics.

You have to rev your engines to full throttle, and let go of the brakes, to take off. Most effort takes place at the beginning, until you have enough energy and momentum to move beyond your habitual comfort zone.

You speed up down the runway. This is where you focus on breathing fully, until you have a lot of tingling and hopefully some Tetany.

When you lift off, your resistance diminishes, so you don't need to continue efforting so much. This is like the Building phase of the Natural Breathing Cycle.

After a while you have reached your desired altitude level and need to pull back on the throttle to level out, but not so much that you stall. Here you'll find yourself already full of energy, so you don't need to add more. Here you just maintain the energy level you already have.

Finally you reach your destination and need to pull back even more on your throttle and begin to descend. Here you don't have to add more energy. Here you just need to let the plane descend to land, similar to staying cool during the Integration phase. This is like you let the breathing mechanism take over your breathing.

Then you taxi back to the terminal gate. This is when you change your focus from only being focused inwardly to include your external world, as well.

You are not finished until the engines have stopped and you have no more Tingling. Then you see your new space.

Integrating and Completing

Integrating and completing a Natural Breathing session

If you feel that the session is over, and less than 40 minutes has gone by since you started the Breathing Cycle, keep breathing a little longer.

After you have completed the first two stages of the Breathing Cycle, if you are sensitive you will notice that you naturally taper off your breathing.

Here the built-up Life-force continues deep awakening and integration.

At the end of the session, be aware of experiencing your whole being. This is the integration of becoming more. Going unconscious is OK, but not optimum.

When a person is consciously integrating the end of a Natural Breathing session they should not be talked to or brought back by any other disturbance.

Other integration times

You can have an integration after an emotional release or a sub-conscious experience is released in the middle of a Breathing Cycle. The Breathing Cycle should be continued after such integration.

Avoiding completions

If you don't like completions you will try to end your session before your Breathing Cycle is complete, by starting to think, plan, be creative, talk, discuss, stretch, or sit up too early and too fast.

This could happen because you don't know the importance of the integration phase, or you are not tuned into how you really feel. You may be one of those who think you got what you wanted from the session, but really, this would only be because you have a hard time letting go of control and to surrender.

If you surrender at the end of your Natural Breathing session, you will experience the bliss of who you really are. This is the ultimate purpose of your session.

If you don't naturally remain in the session, until your tingling is gone, you need to practice staying longer in the Integration Phase.

If you had a long, struggling birth, a quick birth, or were in an incubator, you may avoid the completion of the session by starting a new cycle before the last is complete.

If the last stage of the Breathing Cycle is not recognized and you continue the Building and Maintaining phases more than 1 hour, stop making yourself breathe.

If you keep breathing beyond the Breathing Cycle, you can try to breathe through your nose, pull your legs up, or lie on your side. This will distract you from sabotaging integrating and enjoying your completion.

A Natural Breathing session is complete when:

- ◆ Your normal breathing, as you do in your daily life, has returned.
- ◆ You have no more tingling.
- ◆ You fall asleep and snore at the end.

If you do get up too fast before the session is complete, you may experience some discomfort. Take your time to gradually get up.

Experiences and realizations continue after the session is finished

A good session often feels short.

Don't schedule something right after a session. Leave time for further integration.

Integration will continue in your life after your Breathing Cycle is finished.

Sometimes you see additional results after a few days.

EXERCISE

My completions.

What I want to accomplish is _____

The way I have been breathing that didn't accomplish my goal _____

The Breathing Basic that I need to pay special attention to, to experience more success _____

Demonstrate your new Natural Breathing.

PRACTICE

Exchange a Natural Breathing session observing how the Breather travels through their Breathing Cycle.

Do this Natural Breathing session while observing:

How much Source Energy is retained?.

How long the Breather remain in the different phases of the Breathing Cycle?

Notice how much the Breather go unconscious or struggle and compare it with how much energy they build and the length of their Breathing Cycle.

Natural Breathing

Main Points

The Breathing Threshold is where you add more Life-force to your Being, than you use up.

Your breathing reflects how healthy you are.

Your breathing reflects how you feel.

Your breathing reflects how successful you are.

There are two approaches to doing a Natural Breathing session:
With or without intention.

The Coach affects the Natural Breathing session by his/her focus, skills, openness, and compassion.

The Breather is ultimately responsible for creating the effectiveness of the session.

The Breathing Cycle is the natural length of a Natural Breathing session.

My experience and understanding of Natural Breathing!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to Arne@UnlimitedBreath.com.

Name _____ Date _____

Something I have learned about Natural Breathing _____

Something I have experienced with Natural Breathing _____

Something I want to learn more about Natural Breathing _____

How Natural Breathing affects me _____

My questions and concerns _____

Exchange a Natural Breathing session where you observe the Breathing Threshold.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

Exchange a Natural Breathing session where you observe the Breathing Cycle.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

The 4th Challenge – Choosing Consciousness

**Being Conscious means to be Aware and Present,
so you can experience your life.**



MEDITATION

Sit comfortably and relaxed.
Keep your eyes relaxed.
Be very present and alert of the here and now.
Don't strain yourself to relax, so much that you get tense.
Don't relax so much that you become drowsy or unaware.
Experience your physical body.
Feel your emotional state.
Watch thoughts coming and going.

Enjoy your awareness just resting in your Natural State.

When you don't have thoughts, notice that you still exist.

When you don't think, notice that you still have experiences through your senses.

Consciousness is the foundation for experiences

To enjoy a meaningful life, you need to experience it. You experience your life when you are aware. When you are aware you experience your now.

Experiences come from Choosing Awareness. You do have the power to choose to be aware. Awareness comes from focusing, paying attention, and being alert and present in the now experience. Practicing being aware is the basis for meditation and spiritual awakening. Choosing awareness is to be awake.

A fully awakened state includes being aware of:

- ◆ Your beingness. This is your Consciousness, beyond location and time.
- ◆ Your senses of hearing, seeing, smelling, tasting, and being touched.
- ◆ Your physical body.
- ◆ Your emotions.
- ◆ Your thoughts.
- ◆ Your imagination, day-dreaming, and fantasizing.
- ◆ Your external world.
- ◆ Your internal world.

Mis-understanding of what real experiencing is

You may believe that you are experiencing your life without actually experiencing it. You can see, hear, smell, taste, and be touched without having awareness – just like cameras, microphones, sensors, and so on can gather data without actually having an “alive” experience of it. You can even respond to the gathered data without actual awareness, like a robot can perform certain tasks.

The difference between a “human being” and a “human doing” is that a human doing performs tasks automatically and a human being experiences “him/herself” performing the tasks.

Being the Subject of Awareness vs. the Object of Awareness

You are the Subject when you live as a Human Being.

You perceive yourself as an Object when you get lost as a Human Doing.

You know when you are in touch with yourself and being the Subject, because you are not caught up in justifying, bringing in comparisons or needing to prove anything, but just respond naturally and spontaneously.

You know when you have identified yourself with and gotten lost as an object, because you are re-acting automatically, using your old beliefs and programming. This is not a fresh experience of the now.

EXERCISE

Recognizing my level of Consciousness.

Become aware of what you notice (physically, emotionally, thinking or getting identified with your external or lost in your internal world).

Something I do while staying aware is _____

Something I do without being aware _____

A way I can be more aware is _____

Notice that you live your life sometimes experiencing it and sometimes not.

How you can lose your awareness

Like the example of sitting in your chair watching a movie on a display.

As long as you stay aware of that you are the one watching, and you remember that there is actually nothing going on in the display, you have entertainment.



If you forget that you are sitting in your chair, watching – and get lost in believing that what you see on your display is real, you'll get psychologically, emotionally and maybe even physically lost in your illusion.

You'll find yourself reacting to the images on your display (you may even be screaming, shouting, laughing and crying), even though what you see is not real and you are definitely not a part of the reality that you imagine is going on in or on your display.

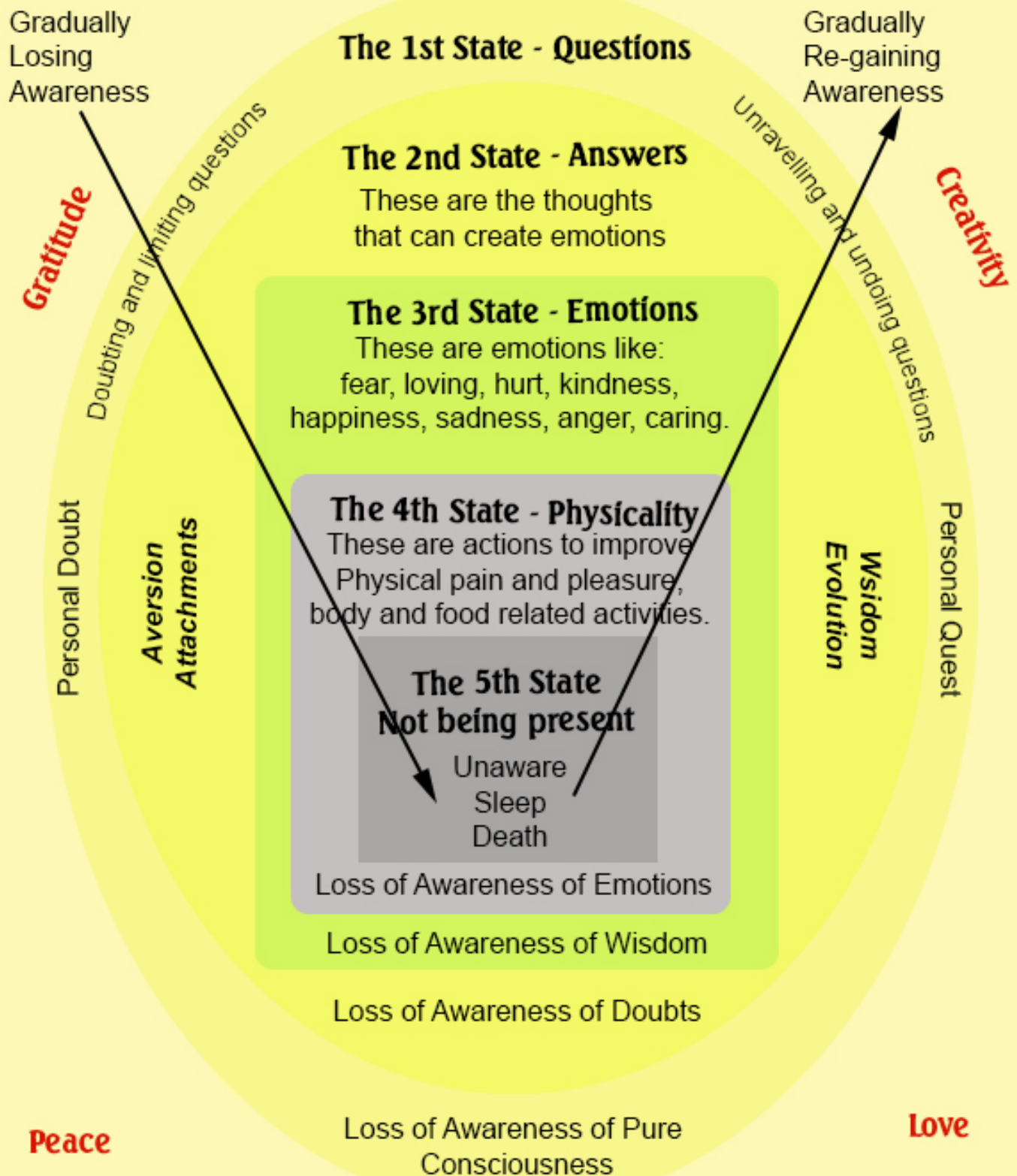
Your happiness / suffering becomes dependent on your imagined, illusory reality. You will interpret it in whatever way you focus.

The awareness challenge is to remember that there is no one experiencing anything on the display, and nothing is actually happening on or on the display and you are not in or a part of the movie, no matter how intriguing it seems. There is only a display of electrons, etc.

When you become aware of yourself, you will once again find yourself sitting in your chair enjoying your entertainment, because you remember that there is only a display in front of you and the story that is playing out in front of you isn't actually taking place in reality.

If you are not used to keeping your awareness, practice gently to bring back your awareness, whenever you remember.

The 5 States of Limited Awareness



The progression of the 5 Limited States of Awareness

When you live in Limited Awareness, you are either gradually fading away from awareness, becoming less and less present or you are recovering awareness.

First, I will describe the process of losing awareness and below I will explain how you regain your awareness.

The 1st State of Limited Awareness is *questioning* perfection

The 1st State of Limited Awareness is the first step of losing your awareness. Here you start to doubt that you and your life is perfect and fall into ask questions, like: “Why am I not wanted?” or “Why am I stuck?” This is your Personal Doubt.

The 2nd State of Limited Awareness is accepting *answers*

The 2nd State of Limited Awareness is when you lose more awareness and believe that the answers to your doubts are true, like: “I am rejected.” Or “I am stuck.”.

The 3rd State of Limited Awareness is having *emotions*

In the 3rd State of Limited Awareness you lose more awareness and forget that you are thinking these depressing statements. Which leads you in to the dependent emotional world of feeling happy, sad, angry, fearful, etc.

The 4th State of Limited Awareness is experiencing a *physical* world

In the 4th State of Limited Awareness you lose awareness of your emotions and become physical oriented. Most people spend their time resisting emotions by building up their material world, through physical exercises and sports, diets, verbal and physical confrontations and physical projects.

The 5th State of Limited Awareness is *non-experience*

In the 5th State of Limited Awareness you lose awareness of your physical world and avoid or numb out from your physical experience by being busy, distracting yourself, thinking, fantasizing, being depressed, daydreaming, sleeping and death.

Regaining awareness through the 5 states of Limited Awareness

The way you will return to your Natural State is a gradual reverse of and through the 5 States of Limited Awareness.

The 5th State of Limited Awareness of non-experience is awakened and left behind when you choose to be aware of your physical universe. Here you move from unconsciousness to experiencing your physical body and the world around it. You activate this process by collecting material objects, doing physical exercises, sports, activities, diets and engaging in your physical world.

Many beings repeat the death-rebirth cycle, going back and forth between the 4th and the 5th State of Limited Awareness, because when they are finally so weary of their physical discomfort, they check out. But consciousness awakens, when it is not suppressed, so here you are born in to a physical universe again.

You will break your death-rebirth cycle, when you choose to accept your physical experience and then move up through the Limited States of Limited Awareness, until you arrive at the full consciousness of your Natural State again.

The 4th State of Limited Awareness of being physical oriented is finished and left behind when you become aware of your inner emotional life. Once you are grounded in your physical universe you need to awaken to more consciousness.

You activate this process by letting go of some of your physical activities and turn that time and energy in to exploring your emotional world. You can practice this by watching sad and happy movies and notice how it feels.

The 3rd State of Limited Awareness of emotional drama is undone and left behind when you find what story you keep telling yourself. Once you are familiar with your emotional world and it has become a repeated experience you need to awaken to more consciousness.

You activate this process by suspending the habit of going emotional and instead investigate and realize which statements you keep repeating to yourself. You can practice this by noticing what you are complaining about or what you are provoking, again and again.

The 2nd State of Limited Awareness of storytelling is completed and left behind when you identify your Personal Doubt. Once you know your story you need to awaken to more consciousness.

You activate this process by refraining from repeating telling your story, and instead practice contemplating your dispelling (of your Personal Doubt) Personal Quest.

The 1st State of Limited Awareness of doubting is voided and left behind when you don't engage in mental activity. Once you let go of asking questions you will be back in Consciousness. You expose your Natural State by choosing to be present and aware. This is the practice of meditation, where you don't engage with thinking, but just purely experience what is here and now. Here you will live On Purpose.

Identifying your path to awareness

When you know how you gradually lose more and more awareness, you can know what your next step to bring yourself back to more and more awareness.

Realizing the State of Awareness in which you spend the most time in, gives you the path as to which state you need to return to next, in order to liberate yourself.

You can be in different States of Awareness regarding different topics.

EXERCISE

My main Limited State of Awareness.

The Limited State of Awareness that I spend the most time in is _____

The Limited State of Awareness I need to pick up next is _____

The way I can do this is _____

Emotional Awareness

Emotional Awareness means to remain aware as your emotions come and go.

The 3rd State of Limited Awareness is heightened on your Healing-journey

Your Healing-journey, returning from the 4th Physical State, includes learning to feel your emotions again.

What people tend to do is to skip the emotional recovering of aliveness and go straight to answers and miss their permanent change.

You ended up in the Physical State because you were unaware of or resisted your emotions, so you need to devote extra attention to connecting with them again. You may want to improve and have more aliveness without regaining your emotional life, but this is not possible because emotions are an expression of a healthy life.

How emotions come about

Every emotion is your Life-force filtered through a thought. The energy of your Life-force is always the same but there are different kinds of emotions because there are different kinds of filtering thoughts.

Life-force + Thought (Question and Answer) = Emotion

Emotions can be an expression of your freedom or your struggle

When you are living On Purpose you will feel emotions, accept them, and let them go. If you are Off Purpose, you will try to hang to, avoid, or get rid of any emotion that shows up.

It is always healthy to be aware of your emotions

You may sometimes forget that having emotions is a good thing. You might try to get rid of them as soon as you feel something and even ask for help to question your experience. Emotions are valid. Don't justify, rationalize, censor, or try to figure out your emotions before you feel them. Choose to feel more.

If you dislike an emotion, you will try to get rid of the experience. If you like an emotion, you will try to hold on to it. Whether you dislike or like an emotion, you end up continuing to engage with it. In the end, all experiences have to be accepted and then let go of for you to be free to experience your next moment.

There are many ways to avoid emotions and not be present. Avoiding an emotion doesn't release it. The quickest way to block an emotion is to hold your breath. Choosing to breathe a lot is a simple way to open up your emotional life.

It takes courage to feel your emotions

When you avoid feeling your emotions and pretend to be strong, then you are judging yourself for having emotions. You think that you or others can't handle them or are showing your weaknesses. When you experience your emotions, you demonstrate that vulnerability really is strength.

This is like comparing the strength of grass moving in the wind, with how a tree moves. If the tree is too rigid, the tree can be broken, but the grass is flexible and just bends without ever breaking.

Re-acting and expressing emotions is avoiding feeling them.

Emotions are completed when they are felt as opposed to expressed

It is easier to express an emotion than it is to feel it. The rationale behind expressing emotions comes from the belief that expressing emotions releases them. If it is true that emotions must be expressed to be released then, for example, acting out anger is necessary for anger to be released. But, after a confrontation, an angry person may feel less angry for a while, but then the anger comes back.

If you express your emotion you are experiencing the expression of the emotion. Not the emotion itself. For example, if you are angry and you hit something, you experience the hitting, not the anger. An emotion is an experience and not an action.

The stepping stone of expressing emotions

For some people, expressing emotions is a step towards breaking the habit of hiding and judging that emotions are “bad”. For other people who are good at expressing their emotions, success comes from feeling their emotions inside themselves and then eventually changing the statement that cause the emotions.

How to accept your emotions

It is rare to be able to be aware enough to feel your emotions. If such an opportunity arrives, always accept it. The ego will argue and say it is not the right time or place. Feel it anyway because you don't know when you will find the circumstances and courage to surrender like this again.

How to support your emotions

When you have an emotion, choose to feel gratitude for this opportune occasion.

- ◆ Take a breath.
- ◆ Accept your emotion.
- ◆ Be present with your emotion.

How to support another's emotions

- ◆ Encourage others to have emotions.
- ◆ Don't distract, interrupt, rescue, comfort or change someone's emotion by giving advice, giving a tissue, touching, or hugging them.
- ◆ If you have a reaction to another person's emotions, process yourself.

After doing Natural Breathing for a while, being aware of your emotions becomes a moment-by-moment ritual for feeling, accepting, and letting go.

EXERCISE

My Emotional Health.

The emotion I have most frequently is _____

The statement that creates this emotion is _____

The question that creates this statement is _____

A feeling I would like to create more of is _____

The statement that will manifest that emotion is _____

The Creative Question that will create that statement is _____

Notice how emotionally balanced and healthy you are.

Approved / Disapproved Emotions

Your most common and most infrequent emotions

You may have learned that some emotions are good and acceptable. These are emotions you seek. You may also have learned that some of your emotions are unacceptable and can lead to trouble. You avoid these emotions.

For example, you might smile when you are really scared, or you get angry when you really feel fear.

People have different emotional preferences, stemming from their upbringing regarding which emotions they engage with and which they avoid.

The emotions you approve of are either occasional healthy emotions or repetitive drama like, which are not helpful and not new territory.

The emotions you disapprove of are emotions you avoid. You can avoid dis-liked emotions by numbing out. You can also distract yourself, by activating an approved emotion. These emotions become a hiding place, like a protection or refuge, when the emotions you don't like shows up.

You can find out which emotions you approve of by noticing which emotions you do have and which emotions you go to when you feel pressured.

Another hint of which emotions you approve of is to notice which emotions you think you need more of. This is protecting your mis-learning and unconscious avoidance technique.

You can find out which emotions you disapprove of by noticing which ones you never have or argue that they are bad behavior.

If you have an emotion you disapprove of, or if there is an emotion that you don't have often and believe you should not have, you need to learn to make friends with that emotion, because by trying to get rid of it you continue to keep it hidden in your life, instead of feeling and releasing it.

A healthy emotional life includes being comfortable with a wide range of emotions.

EXERCISE

My approved of and disapproved of emotions.

The emotion I am most familiar with is _____

The emotion I avoid and need more of is _____

Connect and feel the emotion that you are most familiar with.

Notice the experience of this emotion inside you.

Notice that this emotion is not separate from you.

Notice that this emotion is a repetition and not new territory.

Connect and feel the emotion that you are least familiar with.

Notice that the experience of this emotion doesn't destroy you.

Notice that this emotion doesn't destroy anything or anyone else.

Notice that you can feel safe with this emotion that you have avoided.

Notice that this emotion expands you into being more energized.

Completing emotions

Emotions are supposed to be experienced and then released. This happens by being aware of the emotion and then letting go of its causal statement.

You need to breathe while having an emotion for the emotion to be released. If you are unaware or don't breathe when you start to experience an emotion you are stopping your experience, suppressing, and storing away your emotion again.

Steps to effectively experience, release, and complete emotions

1. Be aware that you are having an emotion.
2. Experience your emotion. Do not act it out. No drama.
3. Discover the story you tell yourself that makes you feel this emotion.
4. Discover the question that spurs you to come up with your story.
5. Change your question to a favorable Creative Question.
6. Contemplate your response that comes from your Creative Question.
7. Choose to experience your emotion that comes with your new story.

EXERCISE

How I experience, release, and complete my emotions.

Focus inward as you pay attention to how you feel.

An emotion I have is _____

My reason I have this emotion is _____

The statement that creates my emotion is _____

The question that creates this statement is _____

My new Creative Question is _____

My new statement is _____

My new emotions is _____

Notice if your disapproved of emotion can turn into passion.

Revealing and Resolving

When you repeatedly find yourself in a situation that you don't want, or you can't create a certain result that you do want, you can reveal and resolve your programming by using the Revealing and Resolving Process.

The Revealing and Resolving Process is based on the idea that your Natural State is always perfectly supporting your consciousness and sub-consciousness to be reflected or replicated as external manifestations.

Since the divine manifestation process is undoubtedly already working, your job is to be a detective and do a thorough interrogation of *what your mind is really thinking in order to project your current result*. Then you have the knowledge of what to change and how to change it.

EXERCISE

The Revealing and Resolving Process.

Keep a pen ready.

Take a Natural Breathing Snack.

Write down your responses to the following inquiry.

1. A change I want is (A goal of something I want to get or achieve, Something I want to get rid of)

2. The actual result I have is (This is my experience, problem, issue, and symptom) _____

3. What I must be thinking to have my actual result _____

4. The question that creates my actual thinking and manifests what I don't want is

5. **My new Creative Question** that will prove my new desired result is _____

Hot-Water Natural Breathing

A hot-water Natural Breathing session is doing the Five Breathing Basics while being completely or partially immersed in hot-water in a bath tub, a hot-tub, hot-spring, swimming pool or warm lake or ocean.

Hot-water, in combination with Natural Breathing, is a powerful catalyst to purge sub-consciousness material.

The primary objective with a hot-water session is to do a Natural Breathing session. It is not about how far you get into the hot-water or how long you stay that determines your result, but how effectively you do the 5 Breathing Basics. Natural Breathing is transformational even if you are not immersed in hot-water, while being immersed in hot-water without doing Natural Breathing does not create change.

The reasons for hot-water Natural Breathing

- ◆ To easily and spontaneously connect with your Natural Breathing.
- ◆ To relax and let go of control to raise above the Breathing Threshold.
- ◆ To release your womb memories.

When to do a hot-water Natural Breathing session

- ◆ After many Natural Breathing sessions, where you have become very familiar with the Five Breathing Basic's experiences.
- ◆ When you have a hard time connecting with the Five Breathing Basics.

Do not do hot-water breathing alone, because you might get severe Tetany and have difficulty to get out of the water, so you can't surrender completely.

Snorkels and nose plugs

Snorkels work. That is why so many people use them. If you get water in your snorkel it is not your snorkel's problem. Not relaxing your lips is the usual problem. Water in the snorkel is a way to be distracted and stay below the Breathing Threshold. The Breather should not hold the snorkel, because it takes effort to control.

You need to use a nose plug when you breathe under water. You may be able to breathe under water by blocking your nose passage without a nose plug. This does take effort. Even if you don't think so, you have to be a little attentive to how you breathe, because otherwise you could unexpectedly change your breathing pattern and be shocked by breathing in water. If your nose plug slips off, you might have oil or lotion on your nose. Wipe your nose and nose plug with a Kleenex.

When and how to clear the snorkel

If your snorkel gets filled, it will obstruct your breathing. At this point, it is good to empty it. Since it is probably just your own saliva, it is easiest to just swallow it.

If you are going to empty your snorkel from water, cover the top of your snorkel and then blow. That will prevent the water from flying everywhere. Another way to empty your snorkel is to take it out of your mouth and shake it empty outside your breathing session environment.

If you have to empty it so often that there is no time to get into Natural Breathing, find another way to do the breathing session, such as breathing with the face out, sitting in the water or continuing outside the water.

Preparation for a hot-water Natural Breathing session, whether you breathe in a bath tub, hot-tub, pool or ocean:

- ◆ Have the water ready around 102-104 degrees Fahrenheit (39-40 degrees Celsius), to make the hot-water the same temperature as the womb.
- ◆ Release any negative thoughts about breathing in water.
- ◆ If you have contacts and want to take them out, do so.
- ◆ Take off any jewelry that is cumbersome or can burn you if they get hot.
- ◆ Have a bathing suit and towel ready.
- ◆ Before the session, prepare a place with your towels, where you will continue and integrate your session, outside the water.
- ◆ Have a snorkel ready. Use a snorkel that is not flexible or bent.
- ◆ Have a nose plug ready.
- ◆ Have Kleenex available.
- ◆ The Coach may have some drinking water ready for themselves, if they need.

General guidelines of how to breathe in hot-water

- ◆ Keep appropriate physical and energetic boundaries between Coach and Breather. Coach supports Breather to connect with the Breather's inner world.
- ◆ If you are doing the session in a bath tub:
 - You usually need a drain stopper (US only) to be able to fill it up enough.
 - Lying in a bath tub, you will probably have to bend your knees and have your lower legs bent to be able to fit.
- ◆ If you are doing the session in hot-tub or swimming pool:
 - Don't lean backwards in the water, if you sit on steps or bench, because your legs will float, and this is disrupting the session.

How to enter the water in a hot-water Natural Breathing session

- ◆ Start the Five Breathing Basics before you start entering the water. Enter the water slowly while continuing the Five Breathing Basics.

Any time during the entering or being in the water could be the place where you don't go any further. **The important thing is to breathe, not how far you can get into the water or how long you stay.**

- ◆ If you sit in the water all the way up to your neck, and it is easy for you to do the Five Breathing Basics:
- ◆ Put on your nose plug.
 - If this goes easy, then breathe through your snorkel, with the face outside the water.
 - If this is easy, then put your face into the water, bending your neck and waist, without stopping the breathing. Once your ears are under water, then lean forwards and float into a stretched-out position.

Breathing face out

When you have strong experiences, and need to feel safer, or if you can't breathe uninterrupted through your snorkel or when you are in the integration stage, it can be helpful to turn and lie on your back and continue breathing. The easiest way for the Coach to help is to support the head to float.

How to relax in hot-water

- ◆ Relax your neck, so your head is not too far bent into the water or held out of the water. Keep the same length at the front and the back of your neck.
- ◆ Keep your legs relaxed. When they are relaxed, they are not far apart. If your legs are too far apart your pelvis and thigh muscles will be tight.
The legs should bend a little at the knees. If they are bent a lot, then push up under the knees so the legs get straighter.
If the legs are so tense that the feet are out of the water, then help the legs to relax by bending their knees, so the legs sink a bit.
If the legs are relaxed but sinking, support the legs upwards.
- ◆ Relax your arms. They should be under the body, like a fetal position.
If they are stretched forwards or backwards they are tight. If the elbows float up or the whole arm floats up, then your back is tight. Put the arms in a fetal position.
- ◆ Don't let your body bob a lot. This distracts you from relaxing.

How to support a Breather in hot-water

- ◆ A Coach's job is to make sure that the Breather's body doesn't sink. If it is floating, the Coach doesn't have to lift it. Only, if a body part is sinking will the Coach stop that part from sinking.
- ◆ Make sure the snorkel top does not go under the water line and thus get filled with water. This could traumatize a Breather with a drowning trauma.
If the snorkel top is above the water line enough, not to get filled, it probably floats. If it is floating, do not hold it since holding it puts a tension on the Breather's mouth.
If the snorkel's top is close to the water line, the Breather's neck is too bent, or the Breather is emotional, help the Breather to relax and straighten their neck and hold the snorkel so no surprising water may enter.
- ◆ When instructing a Breather who is under water, the Coach needs to speak loudly, clearly, and near the Breather's head.
- ◆ Watch the Breather's body, to make sure the Breather is not tilted, like on side is lower than the other. Being tilted twists the spine and distracts the breathing.

The length of a Natural Breathing hot-water session

- ◆ It is not how long you stay in the water that determines your results.
- ◆ You should only stay in as long as you want, or your Coach instructs.
- ◆ You may be in the hot-water for a whole Breathing Cycle, or you may breathe in the hot-water for a while and then complete your Breathing Cycle in the dry.
- ◆ The most common way is to breathe 20-40 minutes in the water and then complete the Breathing Cycle outside the water.
- ◆ The time in the water shouldn't be long, if the experience is strong and the Breather gets tense, or the breathing is below the Breathing Threshold.

When to get out of the water in a Natural Breathing session

- ◆ If your Breather tries to paddle and keep themselves from sinking, tilting, then help them immediately. Bring their face out of water and assure them that they can breathe. Remove their snorkel fast.
- ◆ A Breather can choose to come out when they want.
- ◆ Coach needs to get out.
- ◆ The Breathing Cycle is complete.
- ◆ Too much Tetany.
- ◆ Not enough is happening, and a change is necessary to inspire more breathing.

How to take a person out of hot-water

- ◆ Tell the Breather “I am going to turn you now” or “I am going to take you out now”. Don’t ask your Breather if he/she is complete. The Breather is a “baby” and is supposed to get professional support.
- ◆ Turn the Breather quickly and all the way for the nose and the mouth to get out of the water.
- ◆ Be aware to immediately take the snorkel out of the Breather’s mouth. Otherwise, the snorkel will have a different position than when the Breather is on his/her back, it will suck in water instead of air.
- ◆ Take off the Breather’s nose plug.
- ◆ Gradually bring your Breather to sitting, while still supporting him/her. The Breather’s upper body should become more and more vertical and his/her legs more downwards. This makes the Breather get more and more into a sitting position. Then bring the Breather out onto the previously prepared towels.
- ◆ Once your Breather is sitting up, he/she has started to use his/her muscles and is using up Life-force. Continue going out of the water until the Breather is lying down and can relax again. Taking a long time to do this uses up more Life-force, bringing them below the Breathing Threshold. Each situation has its own speed to be taken into consideration, but quicker is better.

Usually the Breather will complete the session outside the water. If the Breather wants to finish outside, the Breather should basically keep his/her eyes open as he/she gets out of the water.

Don’t finish too fast. Support the Breather to complete the Breathing Cycle until he/she has no more tingling.

Make sure the Breather is complete and integrated before leaving.

PRACTICE

Exchange a hot-water Natural Breathing session.

Coach leads a Breather through a hot-water Natural Breathing session.

Prepare the hot-water breathing bath tub, hot-tub, pool, or ocean, etc.

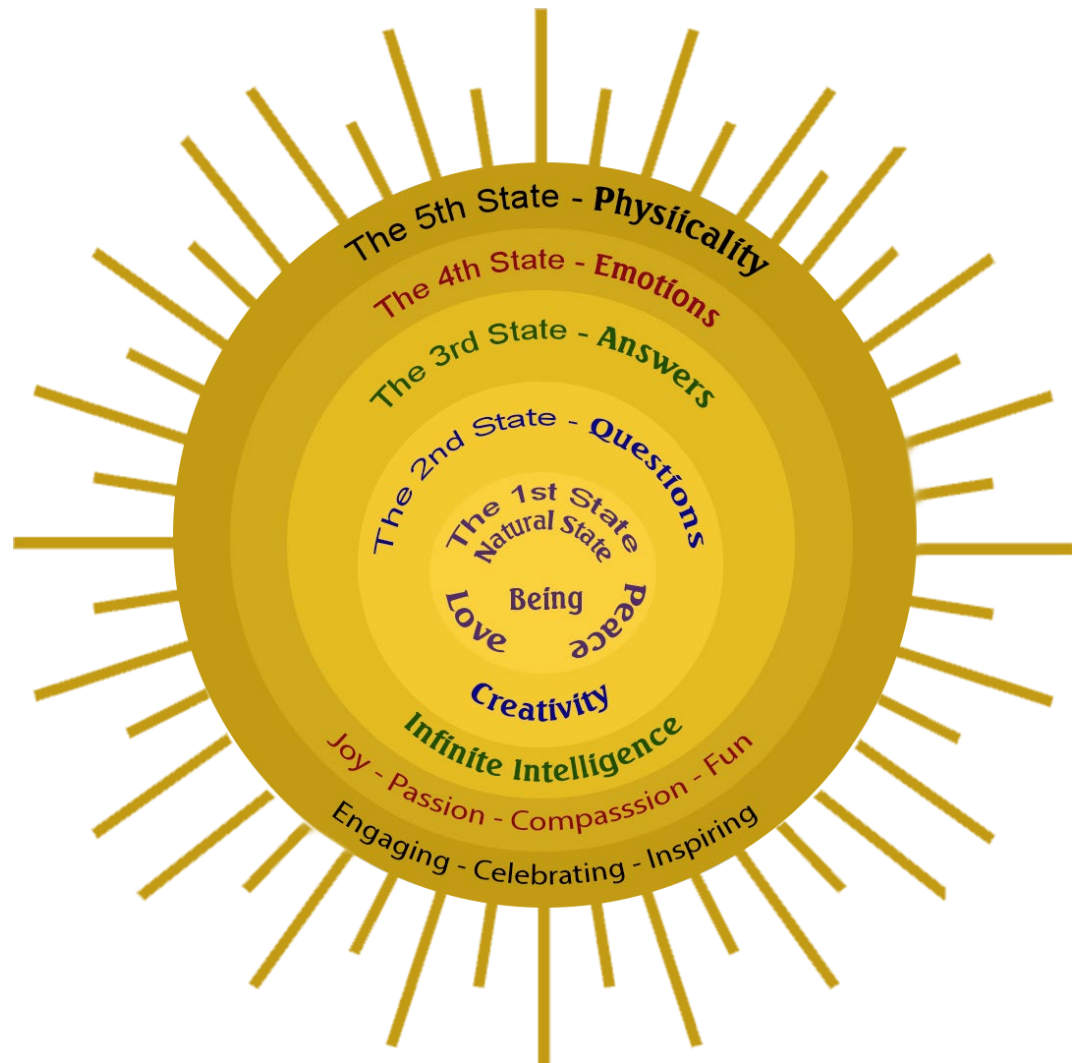
Prepare the snorkel and nose plug.

Prepare a place outside to complete the session.

Do the in hot-water Natural Breathing session.

Journal what you got out of the session.

The 5 States of Continued Awareness



Once you have returned back to your Natural State, you can choose to stay there, or you can consciously choose to experience the different states of Awareness.

As an aware being you will experience 5 States of Continued Awareness.

The 1st State of Continued Awareness is where you keep your awareness of Being.

The 2nd State of Continued Awareness is where you wonder how you can share your inspiration, like: "How can I be an inspiration?".

The 3rd State of Continued Awareness is your Infinite Intelligence, where you access your wisdom of knowing how to be an inspiration.

The 4th State of Continued Awareness is where you experience your unique expression of the Natural State as Your Purpose, like passion, joy, playfulness, gratitude, and compassion.

The 5th State of Continued Awareness is where you share your contribution to evolution by creating science, art, and celebrations.

The Program of Your Common Life-Situations

**You have to learn and be programmed
to know how to respond
in your life.**

The first time you come in contact with a certain situation your thinking doesn't know how to re-act, because it has no previous knowledge, file or program to refer to.

Once you make a decision of how-to re-act you will have your program, that then will be activated every time you encounter a similar situation in the future.

This is convenient, if you like your results, but problematic if your first programming was limiting and done unconsciously and even stuck in your sub-consciousness.

You are programmed regarding sleep, food, health, relationships, religion, sports, politics, work, hobbies, as well as what and how you think, your emotions and your behavior.

How you got programmed

You got programmed through studying, copying, imitating, and practicing how others dealt with similar situations, through their real live examples, like your education, movies, TV, reading about it and watching how others do it.

Your first teachers

When you grew up you didn't know how to function here, so you took your caretakers as your first mentors. You studied them closely – what they said, how they spoke, how they moved, how they sat, their habits regarding eating, exercise, sports, money, work, health, and so on. You also studied how these activities corresponded with how they felt. You studied how they treated you and others.

You conform to or rebel against your programming

After you got programmed you have exercised what you learned. Sometimes you conform to what you learned and sometimes you rebel against your programming. Either way, you are at effect of what you have learned.

Conforming to your mentors' programming means that you achieve your mentor's success level, but don't surpass them. Rebelling against your mentors' programming means that you compete with them.

Evaluating and re-choosing some of your programs

Knowing that you are living according to learned repetitive behaviors, you can examine whether or not you want to keep your programming.

The part of your life that you do like is a program that you can keep running and enjoy. The part of your life that you don't like is a program that you can re-program, so you can have the results that you do want.

You can re-program yourself, but it will require awareness, wisdom, courage, and determination. Your old program has already become familiar, so you will have to challenge yourself to refrain from doing what is familiar and instead do what will seem strange and uncomfortable.

The best way you can re-program yourself is by installing new Creative Questions.

EXERCISE

Identifying my basic programs.

The way my mentors related to dis-ease and health was _____

The way I relate to dis-ease and health is _____

The way I want to relate to dis-ease and health is _____

The Creative Question that re-programs me to relate to dis-ease and health the way I want is _____

The way my mentors related to their occupation was _____

The way I am occupied is _____

The way I want to be occupied is _____

The Creative Question that re-programs me to be occupied the way I want is _____

The way my mentors related to money and wealth was _____

The way I relate to money and wealth is _____

The way I want to relate to money and wealth is _____

The Creative Question that re-programs me to relate to money and wealth the way I want is _____

The way my mentors enjoyed their free time was _____

The way I enjoy my free time is _____

The way I want to enjoy my free time is _____

The Creative Question that re-programs me to relate to my free time the way I want is _____

The way my mentors related to success was _____

The way I relate to success is _____

The way I want to relate to success is _____

The Creative Question that re-programs me to relate to success the way I want is _____

The way my mentors related to _____ was _____

The way I relate to _____ is _____

The way I want to relate to _____ is _____

The Creative Question that re-programs me to relate to the way I want is _____

Evolutionary Stages

You do grow into your life through evolutionary stages. Nobody is born as a self-sufficient adult. First, you have to learn how to be a child, then an adolescent and finally a healthy adult.

Each stage has some qualities that are good to keep and some characteristics you should grow up from.

If you miss one of your evolutionary stages, you will need to pick it up later.

- ◆ If you are stuck in childhood, you are dependent, and you don't want to take responsibility for creating the life that you want.
- ◆ If you had to grow up too fast, you have become a controlling adult without the childlike playful characteristics. You need to go back and experience the characteristics of a child to live a fulfilled life.
- ◆ If you are stuck in your adolescence you have not developed your own identity and will be conforming to or rebelling against other's expectations. You will need to go back and learn to find your individuality.

The evolutionary stages can show up at any age.

You can be a child living in the adult stage, especially if you were the oldest child who needed to help out with the younger kids. You can be an adolescent that follows instructions if you were controlled as a child. You can be a grown up that is rebellious if you haven't found your individuality.

Identifying your evolutionary progress

When you recognize the characteristics of your current life you can easily identify which characteristics you didn't experience and are lacking and which characteristics you got too much of. Then it is easy to recognize which qualities you need to adjust to feel whole.

Here are some common characteristics of the evolutionary stages

The child-like stage:

- ◆ Unsupportive characteristics:
 - Neediness and dependency. "Take care of me".
 - Expectation that others should provide stimulation, protection, love, joy, and nourishment.
 - Demanding and able to throw a tantrum, if not getting what they want.
 - Jealousy.
 - Sensitivity to disapproval and criticism.
 - Tendency to communicate emotionally.
 - Doesn't know the boundaries between self and others.
 - Fear of abandonment or feeling abandoned, being alone, and separated.
 - Helpless.
 - Looking to earn approval.
- ◆ Supportive qualities
 - Natural Innocence.
 - Playfulness.
 - Curiosity and trying new things.
 - Rapid learning.
 - Loving and intuitive.

The adolescent stage:

- ◆ Unsupportive characteristics:
 - Against something as complaining and demanding a change.
 - Offensive.
 - Communicates confrontationally or evasively.
 - Rebelling against rules or conforming and giving up.
 - Problems with authority.
 - Critical about self and others.
 - Rationalizing and justifying.
 - Claiming independence.
 - Pushing away and resisting learning from support.
 - Disillusionment with parental figures.
 - Identifies oneself as separate from groups or gets into cliques.
 - Rivalry and competition.
- ◆ Supportive qualities:
 - Interested in evolution.
 - Serious about life.
 - Scientific and observant.
 - Looking to find one's own identity.
 - Looking for a life purpose and the meaning of life.
 - Spiritual and humanitarian pursuit.
 - Discovering independence.
 - Becoming socially conscious, political, and ethical.
 - Concerned about the future for one's self and for the planet.
 - Friendships become substitute for security of family.

The adult stage:

- ◆ Unsupportive characteristics:
 - Keeping too busy to realize how to make your life meaningful.
 - Worries about the future.
 - Protecting the future.
 - Refraining from new adventures.
 - Too responsible.
 - Controlling.
 - Too many rules.
 - Intolerant.
 - Perfectionist.
 - Defensive.
- ◆ Supportive qualities:
 - "For" something, as being an inspiration.
 - Solution oriented.
 - Takes full responsibility for one's life.
 - Follows through on commitments.
 - Open to input.
 - Tolerates diversity and celebrates differences.
 - Functions well in groups and alone.
 - Has successful relationships.
 - Is self-motivated. Doesn't need others to provide success.
 - Feels safe in the physical universe.

EXERCISE

How I relate with my Evolutionary Stages.

An unsupportive characteristic that I have is: _____

The age I got stuck with this unsupportive characteristic was: _____

An unsupportive characteristic that I have is: _____

The age I got stuck with this unsupportive characteristic was: _____

An unsupportive characteristic that I have is: _____

The age I got stuck with this unsupportive characteristic was: _____

A supportive characteristic that I have is: _____

The age I got this supportive quality was: _____

A supportive characteristic that I have is: _____

The age I got this supportive quality was: _____

A supportive characteristic that I have is: _____

The age I got this supportive quality was: _____

PRACTICE

Exchange another hot-water Natural Breathing session.

Coach leads a Breather through a hot-water Natural Breathing session.

Contemplate what you got out of the session.

Choosing Consciousness

Main Points

Continuous Awareness is necessary for a healthy, passionate, and successful life.

Continuous Awareness includes your mental awareness, your emotional awareness, and your physical awareness.

Your life repeats itself from what you perceived as a child for the purpose of becoming aware of your power of choice.

Breathing in hot-water inspires Natural Breathing and releases womb incomplete experiences.

The Revealing and Resolving Process is a simple way to realize and release any unwanted symptoms and create what you want.

You grow through Your Evolutionary Stages to learn to let go of some of their temporary inhibiting characteristics and to grow into some of their expanding qualities.

My experience and understanding of Choosing Consciousness!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to ARNE@NaturalBreathing.com

Name _____ Date _____

Something I have learned about Choosing Consciousness _____

Something I have experienced with Choosing Consciousness _____

Something I want to learn more about Choosing Consciousness _____

How Choosing Consciousness affects me: _____

My questions and concerns _____

Exchange a Natural Breathing session breathing in warm water. If not possible, do a dry session.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

Exchange a Natural Breathing session breathing in warm water. If not possible, do a dry session.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

The 5th Challenge - Changing Habits

Your Healing-journey is not a continuous flow of new types of experiences with new choices, but a series of programmed repetitive habits.

Your habits are your programs

A habit is a selected thought and behavior system of how to deal with a situation.

Your habits are sometimes unconsciously repeating themselves, while at other times you are aware of your habit and, if you want, you are able to change it.

Your habits are not created in present time, nor are they new types of experiences. They are nothing but the repetition of your earlier experiences. Habits are re-runs of your past.

Habits make you feel safe, because they repeat what you are familiar with. What is familiar feels safe, even if you don't like it. What is unfamiliar feels unsafe and has not become your habit. Therefore, repeating the familiar habits brings known supposedly safe results.

Some habits are convenient. They make it easier to live, because you know how a certain situation will turn out. For example, it is helpful that everyone drives on the right side of the road.

Re-action vs. Re-ponding

You travel through life in a predictable fashion, because you continue to deal with your circumstances in a re-active and repetitive way.

Re-acting is a predictable repetitive behavior that comes from past learning or opinions about your situation. Re-ponding is about addressing your present time situations with spontaneous openness. Your job is to stop re-acting and sink into your natural re-ponding

You usually do not live utilizing your Will and "freedom of choice" because you keep repeating your habits, which create a predictable life.

Habits are statements. You tend to ask your Creative Questions once and then adhere to the first answer that comes to your attention as the only truth. Then you continuously act according to its instructions.

You want to keep some of your common programming, and some of your programming you will want to change.

EXERCISE

My habits.

List some of your habits _____

Destructive and Supportive Habits

There are different kinds of habits

Destructive Habits limits your life and are what you want to change.

Supportive Habits expands you and are the ones you want to continue.

Destructive Habits

Destructive Habits promote dependency and a sense of “doom” result, if the habit is not played out. They are your destructive modes of being negative, doubting, complaining, correcting, and preventing.

Destructive Habits create conflict.

Destructive Habits fortify your Personal Doubt.

Destructive Habits make you feel rigid, controlled, weak, inadequate, incomplete, limited, and guilty.

Supportive Habits

Your Supportive Habits remind you of who you are. They affirm your perfection and the divinity of who you already are, without needing any correction, modification, or prevention.

Supportive Habits creates harmony.

Supportive Habits keep you On your Purpose.

Supportive Habits reminds you of your perfection.

Supportive Habits fortify your Personal Quest.

Supportive Habits make you feel free, good, perfect, spiritual, divine, deserving, innocent, adequate, strong, happy, proud, and grateful, and they further your awakening.

EXERCISE

My Destructive and Supportive Habits.

Some Destructive Habits that I want to change are: _____

Some Supportive Habits that I want to keep are: _____

Destructive Habits

The Habit of Avoidance

The Habit of Avoidance is the activity of ignoring an issue that you have already brought in to your life.

This Habit of Avoidance is really a habit that intends to protect you from a condition that you have decided is unwanted.

The Habit of Avoidance diverts your attention, from your issue, to something else. (Like being too busy to return a phone call that you don't want to do.) Facing and transforming the mis-learned habit is necessary to complete it and be free from it.

Avoiding any experience is a struggle against surrendering to what already is, instead of accepting it as a temporary part of your life.

If you don't like an experience, you have a mis-interpretation of what good physical and emotional experiences are. Since all experiences are part of an alive universe, the experience will continue to manifest, until you complete it.

The Habit of Avoidance is a program that sets up a behavior that supposedly guarantees an escape from the experience you don't want to have.

The Habit of Avoidance can be anything that distracts you from experiencing what is here and now.

Avoidance techniques can be a mission "against", criticizing, leaving, shopping, dieting, drugs, health food, workouts, instead of re-programming the causal mis-thinking. Even thoughts like: "I'm tired." "I am sick." "I am overwhelmed." Is a way to avoid facing what is already in front of you.

To release yourself from the Destructive Habit of Avoidance, you must be willing to face what it is keeping you from.

How to end the Habit of Avoidance

- ◆ Recognize your urge to avoid your experience.
- ◆ Don't distract yourself with correcting your experience.
- ◆ Go to the center of your experience and put full awareness there.
- ◆ Once you learn to accept and stay with the original experience, you will end your dislike for it and begin to see it as interesting.
- ◆ Celebrate living fully with your life, without having to avoid anything.

EXERCISE

My Habit of Avoidance.

Something I don't like to experience _____

The main way I avoid this experience _____

A way I can accept this experience _____

The Habit of Rationalization and Justification

If you are interested in your own well-being, don't get trapped in rationalizing and justifying your situation. This is just an avoidance technique you use to distract attention away from and defend a "threatened" position, *by trying to defend or to prove something, that has already been found faulty or false.*

To feel good and to evolve, you need to notice that when you rationalize and justify, you are actually in a "RE-ACTIVE" mode.

Rationalization and justification are the ego's most powerful ways to avoid feeling wrong, and instead pretend to be right.

This is a distraction, leaving the rationalizer, missing an interesting NOW experience, full of possibilities and evolution.

If you know you are right, you don't need to rationalize or justify evidence.

Most rationalizations and justifications take place in your own mind. When you encounter something that you have decided you don't like, you start an inner dialogue, finding evidence to refute any other point of view.



RATIONALIZING and JUSTIFICATION is the JOKER that the Ego has up it sleeves, to keep you trapped in trying to convince others that you are right.

When something evidently is not working, rationalizing and justifying comes in handy, pointing out that there are flaws to the evaluating system.

It says: "If there would have been different circumstances, the evading rationalizing and justification would have proof of its point of view."

Rationalization and justification are only necessary after the proposed defense is evidently wrong, and you won't accept that.

Rationalization and justification seem so convincing, that it will even make you ignore facts. For example:

- ◆ "I had a car accident, but it wouldn't have happened if..."
- ◆ "I had a fight with my partner, but it only happened because s/he don't understand..."
- ◆ "I don't have enough time, so I can't do that..." (Then you have an emergency and suddenly you have time to take care of it.)
- ◆ "I don't have enough money, so I can't do that..." (Then your TV breaks or your muffler falls off and suddenly you do have the money to pay for it.)

When you catch yourself rationalizing and justifying, stop and realize that you are avoiding facing your reality and need to back off and look at this differently.

In the midst of rationalization and justification, you can ponder these Creative Questions:

- ◆ "Why is it safe for me to consider a new point of view?"
- ◆ "Why is it more important for me to enjoy a loving connection then being right?"
- ◆ "How do I feel when I am accepted for who I am?"

The *Excuse Clause

On one hand, we believe that we can create the life that we want. On the other hand, we complain when things are not going our way. We want the credit of success, but run from blame.

When the evidence is clear, that we are learning something new or have made a mistake, and we refuse to Own Our Creation, we blow a smokescreen and confuse any fact that points to us as having any personal responsibility.

The *Excuse Clause is a fabricated hoax we use when we want to be right.

This is where we argue that there is nothing we can do and we have no power over the situation, because our misery is caused by external forces.

It is the thought and reason we hold on to, that stops us from letting go and look for empowering solutions.

Most likely, you get that thinking and doing the same thing over and over and expecting a different result, is a sign of insanity.

But when it comes to personal responsibility, it is common to be trapped behind this insane *Excuse Clause.

If you can become aware when you give away your power and look for someone or something else to solve your issue, and instead explore what mis-thinking you have, then you can permanently turn your issue in to a success.

The Habit of Recurring Symptoms

The Natural State provides constant inherent health, but sometimes this gets hidden behind dis-ease and the belief that the dis-ease is inevitable. All progress is temporary until you realize that issues are gifts and a wake-up call to let something go.

Many people get excited about how quickly they healed through Natural Breathing. Then, they get disappointed when their issue re-appears and think that this method didn't work.

Your "Weak-Spot"

When you have a re-occurring problem or symptom, you have a "Weak-Spot".

Your "Weak-Spot" can manifest as physical and/or psychological dis-ease, emotional distress, or material lack.

You may have been taught that your "Weak-Spot" is a genetic or chronic problem, so you succumb to it as fact, instead of as a wake-up reminder that you have some faulty conscious or unconscious thinking going on.

The reason your "Weak-Spot" shows up repeatedly is because you always think in the same way and deal with your life in the same way. Your "Weak-Spot" is a manifestation of your particular repetitive thinking.

Example: You have a chronic back pain because you don't "back yourself up", but "back off".

Another example: You have money problems because you think you are guilty and don't deserve to have extra money.

Your "Strong-Spot"

You can turn your "Weak-Spot" into your "Strong-Spot" by recognizing how you deal with your life and start to support yourself to be in the flow of your Life-force and ask yourself supportive Creative Questions.

EXERCISE

Transforming my "Weak-Spot" to my "Strong-Spot".

A repeating problem / symptom I have _____

My "Weak-Spot" _____

The reason I have this "Weak-Spot" _____

My "Strong-Spot" _____

The way I can turn my "Weak-Spot" into my "Strong-Spot" _____

The Habit of Accepting Cultural Influences

There are many different cultures, time periods, societies and even family traditions that have their unique belief systems, that they believe is the truth, even though others have very different approaches that also works.

You have been born at a time and in a culture, that teaches you to function in a certain way. You may have accepted, that you are supposed to conform to the culture you live in. Your society has taught you that you need schools, military, doctors, and media.

The media especially has a strong influence on you because it informs you of what they say is happening (maybe propaganda), and they suggest what should be your best course of action. Magazines and movies suggest what you should be like at a certain age and promote certain favorable and unfavorable physical, emotional, and material states. Now you can choose to become aware of what cultural information you are accepting as your own and have free choice to let go of what doesn't serve you.

Those who step out of living according to the accepted cultural habits are the pioneers who create a culturally healthy evolution.

Here are some examples of cultural limitations:

- ◆ You have learned to eat three meals a day instead of eating for the purpose of enjoying your food, yet people, like some monks, only eat once a day.
- ◆ In India it was believed that a heavy person is healthy and strong while a skinny person is weak. Western cultures believe that a heavy person is unhealthy and being skinny is the way to be healthy.
- ◆ You have learned that it is good to exercise. Yet, there are new studies that say exercise can be the cause of many stress diseases.
- ◆ You have learned to sleep around seven hours a day, but when your life is really exciting, you sleep less.
- ◆ It has been a common belief that health, happiness, and aliveness belongs to the young, while disease and deterioration belong to the old. Yet some young people are diseased, and many old people are healthy and full of energy.
- ◆ You have learned that you need certain medical checkups and need to take prescribed drugs. Now it is becoming known that some checkups cause problems and taking prescribed drugs are one of the leading causes of death.

EXERCISE

The way my Culture affects me.

Something I have learned from society that inhibits my well-being _____

Something I have learned from society that supports my well-being _____

The Habit of Feeling Guilty

The Habit of Feeling Guilty comes from the belief that you have “sinned”.

Feeling Guilty is a double negation. It says you are guilty or what you have done is evil. It also tells you that *you have gone beyond your right to make mistakes* and learn and correct, so you should be punished.

The Habit of Feeling Guilty is a protection plan you sell yourself. You think that if you punish yourself first, you have some kind of control of how much punishment you get, and then you won't be punished later.

The problem is that there is no end to how much punishment you should get. You suffer and struggle, waiting for a magical release that never happens.

You have to realize that you are a divine being, incapable of “sin”, and punishment won't make you any better and doesn't assure your freedom.

Your feeling of guilt often comes from your thinking that you separated from your source at conception or at birth. You thought that somehow you did something bad.

Whatever has happened that involved people in a negative way was interlocking patterns. Use this Creative Question: “Why am I willing to be responsible for my life and allow others to be responsible for theirs?”

From believing that you are guilty or that you have sinned, you believe that you don't deserve the success you desire and sabotage the success you do receive.

You probably have your favorite way of rejecting your happiness. You may choose to punish yourself through your career, money, relationships, material things, sex, and, perhaps the most popular, the body.

The 5 steps back to innocence

1. Recognize when you feel guilty.
2. Identify what you think is causing the feeling of guilt.
3. Feel your innocence. “Why am I innocent?”
4. Recognize that everyone has the right to make mistakes, change, and learn.
5. Identify and practice the Creative Question that inspires you to feel innocent.

EXERCISE

Moving from feeling guilty to remembering my innocence.

The reason I believe I am guilty _____

The way I punish myself _____

The way I feel my innocence _____

My Creative Question that supports my innocence _____

The Habit of Struggle

The Habit of Struggle means that you believe that you have to work hard to succeed because life, love, nourishment, and money are not given freely, and have to be earned.

Taking a look at if this is true, you'll find that you have grown from a small body to a bigger body, without any effort on your part.

The Habit of Struggle does not refer to a physical activity. You may enjoy a physically demanding job, such as baseball, but not experience it as struggle.

Your experience of struggle comes from disliking what you are doing. When you like what you are doing, you are On Purpose, and it feels effortless.

The Habit of Struggle fuels the other habits and makes them include hardship. For example, if you want to get a new car you have to work hard to get it. The Habit of Struggle must be dealt with first, so you can easily accomplish your activities and goals.

You know you are in the Habit of Struggle when you wonder "Why do I have to?" or "Why should I?" You want to change those beliefs to "Why do I want to?", "Why do I get to?", or "Why do I choose to?"

The Habit of Struggle comes from:

- ◆ Your experience of ease and pleasure in the womb turning into the struggle of being born. This makes you believe that after ease there is struggle. Change this belief to "Why does ease lead to more ease?"
- ◆ Your struggle of coming down the birth canal and being born taught you that it is necessary to struggle to make it. This is similar to how a whole week of work leaves you free to enjoy the weekends. You wondered "Why does it have to be so hard?", "Why can't it be easy?" and "Why do I have to struggle to survive?". You need to change that to "Why can I have it easy and thrive?"
- ◆ The struggle at birth also makes you believe that struggle is what life is. If there is no struggle, then you don't have anything to live for.
- ◆ Your birth may have taught you that you must work hard to earn your keep and your right to be here.
- ◆ From the Habit of Struggle, you may have the thought that harder things are more fascinating. The opposite is true. An effortless life is not boring, but gives space to enjoy your success and celebrate abundance.

Reject what is easy

Your Habit of Struggle makes you push away money and the ones who are easy to get along with, because you don't have to "earn it" with them.

Rebels want freedom and will never "Have to". This is the struggle against struggle and comes from resisting.

Spiritual struggle

You may be struggling with your spiritual life, instead of living with ease and awareness.

This should not be misunderstood as being good to ignore your spiritual life. An inner hunger for understanding and experiencing your perfection should be nurtured. A spiritual approach is to improve through surrendering, not through struggling.

If your spiritual life is based on the idea that you are separate from your perfection, and thinking that you have to make it, you will always have to work hard to prove to yourself that you are at least trying to return to perfection.

When you struggle, you feel better because you think you are working on “getting there”. As soon as you stop struggling you feel awful again because you are not trying to recover your ease. This struggle won’t go away until you deal with the real problem by transforming your belief that you have to “make it”?.

The way back to ease

- ◆ Become aware of your struggle.
- ◆ Stop struggling. You will never struggle enough to be free of struggle.
- ◆ Choose ease and pleasure.

EXERCISE

Moving from Struggle to Ease.

Take a Natural Breathing Snack.

Write down your responses to the following inquiry.

Something I struggle with _____

A way I am willing to stop struggling with this _____

Something in my life that is easy and pleasurable _____

The reason for my life to be easy and pleasurable _____

The Creative Question that will transform my struggle to ease and pleasure _____

The Habit of Conflict

The Habit of Conflict is the need to control, correct, fight and blame.

You know you are caught in the Habit of Conflict when you have a conflict going on, like after having resolved one conflict, you find yourself in another.

Conflict can be with another person, an inner conflict, or with money or God.

Conflict between people comes when you don't agree about something and you are not OK with someone else having a different point of view. What is really happening with conflict between people is that you can't relate to each other's opinion, because you are responding to different questions.

Creative Questions can be a tool for Conflict Resolution

The way Creative Questions can help conflict resolution and world peace, is to recognize that everyone is right because everyone is just answering their own specific questions. They are not being in opposition. A conflict will be resolved when the parties can identify and hold a Creative Question that is agreeable to all parties.

The reason for disagreement is that the parties have opposing questions or get hang up on opposing answers. Each party involved in a conflict believes that their point of view of the topic makes sense. If a statement doesn't fit your question you won't hear it. It will be ignored. This is the cause of much struggle where people don't hear each other because they are looking for answers to different questions.

If you can discover what questions you have and what answers you are stuck on and change those to questions and answers that satisfies all parties, you have resolved the dispute and created the foundation for peace on earth.

For example: A conflict regarding how to support a relationship. One person is working a lot to make money for the relationship, because this person contemplates the Creative Question "How can I support my relationship?".

The other person wants more time together, because this person has the Creative Question "How can enjoy my relationship?"

Conflict Resolution gets these parties to realize that there is no personal conflict except hanging on to limiting answers. Conflict Resolution looks for more answers, like, "How else can I support my relationship?", leading to new answers like, "I can work less and so have more time with my relationship" and "How else can I enjoy my relationship?", leading to new answers like, "I can savor our quality time together." These new answers satisfy both parties and stop the conflict.

Another example: A conflict regarding how to make a business successful. One person has the Creative Question "How can our business function smoothly?" and perceives the other person to be too disorganized for the business to function. The other person has the Creative Question "How can our business make money?" and perceives the first person as too stiff, repelling clients.

Conflict Resolution would be to get these parties to realize that there is no real conflict except holding on to 2 limiting answers.

Conflict Resolution looks for a new Creative Question that both parties can agree on, like, “How can we support our business?” leads them to focus on the necessity of each person’s approach and answers like, “I can run the office” and “I can get clients”. This new Creative Question covers both old questions and ends the conflict.

Conflict resolution

1. Identify the conflict.
2. Identify the question that caused the conflict:
 - ◆ Of party A.
 - ◆ Of party B.Recognize that each party is right based on their question.
3. Identify a common desired result:
 - ◆ Of party A.
 - ◆ Of party B.
4. Identify the Creative Question that causes the desired result or if the Creative Question is good, look for additional answers:
 - ◆ Of party A.
 - ◆ Of party B.
6. Practice the new Creative Question or new answer.
7. Enjoy the resulting cooperation.

EXERCISE

A Conflict I want to Resolve.

The conflict _____

Party A wants _____

Party B wants _____

Party A’s question _____

Party B’s question _____

A common desired result _____

Party A’s Creative Question that will cause the common desired result _____

Party B’s Creative Question that will cause the common desired result _____

EXERCISE

Conflict Resolution.

Pair up and take time to support each other.

Choose an issue that you think you have with another person.
(The other person may or may not have the issue with you.)

A person I have an issue with _____

My issue _____

The statement that declares my issue _____

The question that causes my issue _____

The issue I believe the other person has _____

The statement that declares my opponent's issue _____

The question that causes my opponent's issue _____

Identify whether your conflict is based on clashing questions or holding on to limiting answers _____

Recognize that you are not in conflict and that both of you are right, because of the questions that you have or the particular answer that you are hung up on.

The Creative Question that reverses the cause of my issue _____

The Creative Question that reverses the cause of my opponent's issue _____

The Creative Question that supports both of our points of view _____

The Habit of Competition

Competition is a way to compare one person's accomplishments with another's.

You can compete by inspiring each other to be the best you and they can be, or you can compete as a power-struggle.

Competing as a way to have fun and to excel, makes everyone a winner.

Power-struggle competition is based on the idea that there is a reward for the one who wins and not for the one who loses.

The source of the Power-Struggle Competition habit is that when you were growing up you experienced that:

- ◆ You received confirmation of your successes from the outside.
- ◆ There was a limited amount of reward to be distributed.
- ◆ When one person won another lost.

Your first competitors for success were your siblings. Sibling rivalry blocks abundance or creates abundance from competition.

The study of your birth order shows your attitude towards competition.

- ◆ If you were: the older sibling, you were the good one, the achiever, the responsible one, and you had to grow up fast, so you could take care of your siblings.
Older siblings win by taking charge and lose by no longer feeling nurtured.
- ◆ If you were the middle sibling, you tend to be stuck in the middle and become a mediator. Doing this you lose yourself.
Middle siblings win by mediating and lose by no longer being important.
- ◆ If you were the youngest sibling, you had it easier because you were buffered and got away with more than the others. As the youngest sibling you were low on the totem pole regarding making decisions, and you tend to stay babies for a long time.
Younger siblings win by following the elder and lose by being treated as a baby.
- ◆ If you are the only child, you either got all the attention or you were left out. You became very self-sufficient, but may not be as good at relationships.

The different types of unhealthy competition

- ◆ You could have learned to compete openly.
You could have experienced that when you won you really lost, because people got angry and jealous, and then would distance themselves.
- ◆ You could have learned to stuff all your feelings and avoid competition.
Not competing is a competition problem. This is based on a previous decision that there is competition.

How to be a real winner

Teamwork is letting go of the power-struggle and opening up to support.

The benefits of cooperation and teamwork are more energy, creativity and synergy.

The more one person wins, the more everyone wins.

“Why does everyone win, when anyone wins?”

“How do I win when I support others to win?”

EXERCISE

Recognizing and releasing my competition.

Recall a time when you were a child and competing.

Who were you competing with? What were you competing about? Who won? Who lost? _____

What was the main decision you made about competition at that time? _____

Recall a time when you were a teenager and competing. _____

Who were you competing with? What were you competing about? Who won? Who lost? _____

What was the main decision you made about competition at that time? _____

Think of a situation that you are competing in now. _____

Who are you competing with? What are you competing about? _____

Imagine that person in front of you.

Open your heart and be willing for this person to win.

Feel this person's willingness for you to win.

Imagine both of you winning and cooperating.

Bring yourself back to your current present experience of the here and now.

Notice how you compete and how you let go of competing.

The Habit of Needing to be Right

The Habit of Needing to be Right means that you think there is a problem that makes you a suffering victim, and you need to demonstrate that you are right about it.

The Habit of Needing to be Right leaves you struggling, with trouble and dis-ease.

The Habit of Needing to be Right makes you sacrifice your happiness, health, and success, just to prove that you are right. Needing to be Right is very costly.

The Habit of Needing to be Right comes from refusing to consider a solution that is not based on you being right, a completely different point of view that will maybe prove you wrong.

For example: If you think air-conditioners can cause people to get the flu and you are sitting in a public air-conditioned waiting room, you will have to prove that you are right, by showing flu symptoms. You will ignore the fact there are many people sitting in the same waiting room, and that you are the only one with these symptoms.

Another example: If you think your teacher didn't give you enough time to do your homework, you will have to prove that you are right, by blaming it on your busy schedule. You will ignore the fact that other students are able to hand in their homework on time.

You know you are in the Habit of Needing to be Right when you are looking for evidence to prove that something is a problem. You are looking to prove that "something bad is imposed on you" or "something bad is not corrected".

How to be happy, healthy and successful

- ◆ Notice when you are reacting to something you deem unfair, or you are having an effect that you are upset about.
- ◆ Identify what your victimizing argument is.
- ◆ Notice if what you are "being right about" is true for everyone.
- ◆ If it is not true for everyone, be willing to see that this is only your thinking.
- ◆ Let go of the need to be right.
- ◆ Accept that it is better to be wrong than to suffer.
- ◆ Get in the driver's set of your life and be healthy, happy, and problem free.
- ◆ OWN YOUR SELF.

EXERCISE

Letting go of Needing to be Right.

What I believe is a victimizing problem _____

My proof that this really is a problem _____

How I am proving that I am right _____

Notice if this problem is true for everyone.

What I am avoiding by "being right" _____

The reason I am willing to be wrong about this _____

The Habit of Helplessness

You know you are in the Habit of Helplessness when you start your sentence with “I can’t” or “I don’t know.” These phrases put you in an immediate state of helplessness. The reason you would speak like this is because you judge yourself, claiming that what you want is not important, and instead of taking your power, you chicken out and feel victimized.

What you are really saying when you say, “I can’t” is “I won’t” or “I don’t want to”.

The truth is that if you tried, maybe you would be able.

With “I don’t know,” you are really saying “I don’t want to know.” The reason you experience not knowing is because you don’t give yourself enough time for the information to appear on the screen of your mind. Not knowing comes from not looking. The truth is that somewhere you do know.

Controlling and obligating through playing needy

You might think that being taken care of is the same as being loved and nurtured, so you play needy “poor me” to obligate another to love and nurture you.

This is hostage taking. The person playing needy will end up resenting the person he/she has obligated to take care of him/her, and the obligated person will resent the needy person.

Another conflict regarding helplessness arises by wanting to be helpless while also wanting to be in control. People do this by getting sick, especially by getting long term illnesses. By being ill, you will both be in control and helpless. You become ill in order to be loved. When you then feel loved, you think that you have to stay ill in order to keep being loved. This also blocks your success.

Some people desperately resist helplessness by attempting to have control over everything and everybody. They are certain that they have all the answers. They have to work hard to do it all themselves. They have a hard time believing that others can do as good job as they can or know as much as they do.

Since the Habit of Helplessness is a way to be in control, losing control is its remedy.

EXERCISE

Learning to take my power.

Walk around and stand in front of different people.

Take turns saying to each other:

First person says “Something you can support me with _____”¹³

Notice if you ask for little or what you really want.

Notice if you feel guilty or innocent about asking for what you want.

The second person acknowledges the request and continues:

“A way I am willing to support you is _____”¹⁴

The request and its response don’t have to relate.

Notice if you are honest about how much you are willing to give or if you have a tendency to be a martyr that makes others more important than yourself.

Switch.

The Habit of Getting Attention

Receiving attention has become vital, because, in your mind, it equals survival.

As an infant, you were not able to provide for yourself and you needed to be nurtured to survive. You learned that being fed and getting attention is the same thing.

Since the attention first came from the someone else, you think you will experience nourishing attention, if you win n attention. If you look at it, you will see that you have spent the rest of your life trying to get attention and feel nourished.

Being alone, ignored, or rejected has become something to fear because it is interpreted as lacking attention and threatening survival.

Because you believe that getting attention is the same as being nurtured, you have developed many strategies to get attention.

The different kinds of attention

- ◆ Positive Attention.
- ◆ Negative Attention.
- ◆ Avoiding Attention
- ◆ Rebelling against Attention.
- ◆ Special Attention.
- ◆ Natural Attention.

When you don't get Natural Attention, you try to get Positive Attention

If you find yourself feeling lonely and lacking, you'll first try to get attention by doing what you think others want. You become very helpful and perform well, so you can get *Positive Attention*. Unfortunately, this is a dependent attention and results in a loss of Owning Your Self.

If you can't get Positive Attention, you try to get Negative Attention

You get *Negative Attention* by setting up situations where you are disapproved of. If, trying to get Positive Attention don't work, you may try to get *Negative Attention* by doing something annoying, that will get you in trouble, which actually causes more disapproval, but at least it is gives you some attention – survival.

One example is that of a child parking his/her tricycle in the middle of the driveway. This gets you father to scold you for continuing leaving your tri-cycle in the driveway. In the child's belief, this daily negative attention, with his/her father complaining, is better than the father paying no attention.

Another popular way to get *Negative Attention* is to complain, gossip, judge, or find faults. Whenever you disapprove of another person, **you are always talking about a part of yourself**, that is suppressed and unresolved.

Another way is to disapprove of yourself. In this case, you are the parent and the child. Your inner parent tends to disapprove of your inner child. Not having money or a relationship is how many people disapprove of themselves.

If you are used to *Negative Attention* and then receive *Positive Attention*, you will reject it and try to push the *Positive Attention* away to leave room for the familiar *Negative Attention*.

If you still can't get attention, you try to Avoid Attention

If you still can't get attention, you may give up and *Avoid Getting Attention*.

When you think you can't get or shouldn't get attention, you fade out, hide, push others to be the center of attention, or think that you need time for yourself.

If you think getting attention can hurt you, you will Rebel Against Attention

Some resist, reject, or rebel against getting attention, because the attention they received early on was traumatizing and not nurturing.

If you are competing for attention, you'll look for Special Attention

If you see another getting attention, you may budge in and try to get *Special Attention* by forcing and demanding someone to give you the attention that is already being given to someone else. If you get this kind of attention, the person who should be receiving this attention feels deprived and you'll feel guilty.

EXERCISE

The way I Get Attention

A way I get Negative Attention _____

A way I get Positive Attention _____

A way I Avoid Attention _____

A way I Rebel against Attention _____

A way I get Special Attention _____

When you enjoy being yourself, you'll get Natural Attention

The way you get *Natural Attention* is by *giving yourself attention*. If you are not experiencing getting attention, it is because you are not giving it to yourself.

You'll get *Natural Attention* when you are On Purpose.

As a child you learned that you needed attention and that it you got it from others.

When you grow up:

- ◆ You want to relearn that getting attention is not needed for your survival and does not equal to be nurtured.
- ◆ You will realize that you feel nurtured when you do what you love to do.

The more you enjoy what you do, the more you will inspire others to enjoy it with you. This is how you get *Natural Attention*.

EXERCISE

My favorite way of expressing myself in the presence of others.

A way I get Natural Attention _____

Get used to receiving Natural Attention.

Releasing Destructive Habits

To make a change, you need to bring awareness to your habits. By identifying your Destructive Habits, you can release them and their cause, which will free you to have new experiences of being present in the here and now.

To live without Destructive Habits, you have to stop being unaware of the information you accept and take for granted as being right.

You need to become responsible for what you accept as truth and instead consciously choose what you want to be the truth. Ask yourself, “will accepting certain information rejuvenate / energize you”, before you accept it in as your habit.

Changing your habits and avoiding their predictable results you have to leave your comfort zone of engaging in what is familiar and choose what feels unfamiliar.

The ways to release your Destructive Habits

- ◆ Try a new experience.
- ◆ Leave your comfort zone.
- ◆ Don't do what you are used to.
- ◆ Try something new, that will not feel right.
- ◆ Practice Creative Questions.
- ◆ Adopt Supportive Habits.

The 5 Steps to releasing Destructive Habits

1. Identify the habit.
2. Recognize why you have chosen this habit.
3. Find the causing question or first answer.
4. Choose a Creative Question that will transform your Destructive Habit or if your Creative Question is good you need to look for another answer.
5. Choose the new Supportive Habit with its new behavior.

PRACTICE

Exchange a Natural Breathing session.

Start your Natural Breathing session with completing this exercise.

A Destructive Habit I have _____

The reason I have this Destructive Habit _____

The Destructive Habit's question or answer _____

Do the Natural Breathing session.

My new Creative Question or new answer _____

My new Supportive Habit _____

Contemplate what you got out of the session.

Supportive Habits

The Habit of High Self-esteem

Your Supportive Habits are based on the Habit of High Self-esteem.

High Self-esteem is a state where you are not emotionally dependent of what others think and feel.

When you have mastered the Habit of High Self-esteem, you'll be free from Destructive Habits, and you'll enjoy your Supportive Habits.

High Self-esteem comes naturally when you have freed yourself from your Incomplete Experiences and corrected your mis-learnings.

Some qualities of high Self-esteem:

- ◆ You love your life. This is a result of having released resentment and developed the attitude of gratitude.
- ◆ You feel safe, relaxed, and trusting, and you are enjoying your life by feeling safe with your own feelings.
- ◆ You appreciate the pleasure of your body.
- ◆ You have a high opinion of yourself and your life.
- ◆ You feel like your life is meaningful.
- ◆ You feel like a contribution.
- ◆ You have many friends that love and support you.
- ◆ You can receive support.
- ◆ You have humility and realize that everyone is equally holy, so you avoid the trap of spiritual egotism.
- ◆ You have a Prosperity Consciousness that knows it is unnatural to be poor.
- ◆ You know that your ability to sell and flourish is a direct mirror of the value you place on yourself.
- ◆ You can keep your heart open and gain the confidence of people.
- ◆ Your intuition gives you the ability to trust yourself.
- ◆ You can give and receive acknowledgments.
- ◆ You easily surrender and release any hang-ups you encounter.
- ◆ You allow yourself to make mistakes.
- ◆ You can laugh at yourself.

Creative Questions bring High Self-esteem.

A good Creative Question for High Self-esteem is:

"How am I now the person I always wanted to be?"

EXERCISE

Recognizing my level of Self-esteem.

from 1-10, the highest being 10.

My current level of Self-esteem is _____

What I can do to improve my level of Self-esteem is _____

Engaging

People with *high* Self-esteem engage

When you engage you are expressing your aliveness. Enjoy playing with your spontaneously arising life. Get satisfied with your own self. Become the right person. Embody in yourself all the qualities you want success to be. OWN YOUR SELF.

**You have to engage to evolve.
If you don't engage you stagnate.**

People with *low* Self-esteem resist

Being an observer and spectator, is being mental, and disconnected. It is a holding back and suppressing of yourself.

Even if your intent is to get involved, if things turn out to be good, it deprives you of enjoying life now. Engaging is necessary, if you want to thrive.

When you are fully alive, you are naturally curious about the world around you and you'll find yourself spontaneously and harmoniously expressing your passion.

When you engage, you allow the flow of inspiration, expressing yourself as talking, gesticulating, feeling, and being interested in the now.

Engaging means that you show up.

If sharing yourself seems scary, it is because you are temporarily resolving memories. Engaging and sharing yourself speeds up your evolution.

Show yourself and communicate with the attitude that you already are perfect and that nothing you do or don't do will have any effect on the amount of acceptance you receive.

Even if you trust and mess up, that it is OK.

- ◆ When you engage you are letting go of what was.
- ◆ When you engage you are living in the now.
- ◆ When you engage you evolve.

You might choose to not engage, because you feel that people are not safe, or you will not be accepted if you are completely yourself. This results in you trying to protect others or yourself, by holding yourself back.

When you feel that you have too much aliveness, you are touching memories where you were told to quiet down, or you decided you were too much. Actually, this only deprives others of your gifts and inspiration.

An easy way to engage is to be real, to be truthful, and to not censor what is on your mind. This doesn't mean that you should be rude. Your expression should be about you, solutions, harmonious and not about other's faults.

Acknowledgment

Engaging reveals your natural gratitude. When you engage, it becomes natural to appreciating and acknowledge yourself and others.

If you fear meeting new people or are uncertain of what to say when you meet them, remember who they really are, and find something to acknowledge them for.

- ◆ Everyone has a good side. If you can't find it, it might be because you are not used to thinking good about others or yourself. Practice makes perfect. Get into the habit of thinking good about yourself and others.
- ◆ Be aware that you already know a lot about people. Most communication is nonverbal, through body language, telepathy, and so on. If you think you don't know someone, you are right in that you don't know everything about them, but you know enough to engage. A simple example: If you are out walking and you meet someone you *do* know on which side to pass them on, because somehow you communicate and did not crash in to each other.
- ◆ You tend to go into criticism of the people you expect to criticize you. Don't rip yourself off with a lot of judgments of others. When you judge, you deny a now experience and live in a repetitive historic experience and rip yourself off from a possible good time and friendship. Invalidating people deprives you of their value. Everyone has some value.
- ◆ Get rid of the concept of strangers. A stranger is someone you feel strange with. What determines when a stranger becomes a friend – how many drinks you have together or how many secrets you share? The more comfortable you get with yourself, the more comfortable and friendlier you get with others.
- ◆ Some think that to acknowledge or compliment one's self is arrogant. Acknowledging yourself is really an act of Self-esteem and inspiration for others to acknowledge themselves too.
- ◆ It is important to receive acknowledgments and it is easy to fall into the trap that everyone gives acknowledgments, but no one receives them. It is common to resist receiving acknowledgments, by avoiding or deflating them. You have to learn to receive and accept acknowledgments. If there is no receiver, the giver hasn't really given. This deletes any value of the giving and receiving process.

Acknowledgements raise the receiver's Self-esteem and the giver's feeling of generosity and success consciousness.

EXERCISE

Acknowledgements

Something I acknowledge you for is _____

Something I acknowledge myself for is _____

Notice how you give and receive acknowledgements.

People treat you the way you treat yourself

People tend to copy each other to fit together. The easiest and most common way to fit into the group is by conforming to the group's mentality and habits.

Unfortunately, you usually conform down. If you don't conform, people have to conform to you, or you will be in opposition and not be able to be together with this group. Be a leader with High Self-esteem and lift others up.

If you lack Self-esteem, you anticipate rejection and are sure you will be rejected.

Pretending to have High Self-esteem by thinking you are great, while not believing it, leaves you stuck in low self-esteem.

If your Self-esteem is low and life smiles at you:

- ◆ You will try to reject it.
- ◆ You will try to change it.
- ◆ You will try to prove it wrong.
- ◆ You will do something ridiculous.
- ◆ You will think it is false.
- ◆ You will sabotage success.

If your Self-esteem is high, you automatically attract people who also have high Self-esteem. People with high Self-esteem can handle good relationships.

If you love yourself, you will automatically give people the opportunity to love you. You will know that you deserve it.

- ◆ Have a spiritual practice that acknowledges your connection with your source and ultimate power.
- ◆ Contemplate Creative Questions.
- ◆ Practice the art of self-love.
 - Stop criticizing yourself and acknowledge yourself instead.
 - See every mistake as an opportunity to grow.
- ◆ Let acknowledgments sink in.
 - Don't invalidate what they say or change the subject quickly.
 - Just take a breath and say, "Thank you".
- ◆ Use a personal forgiveness/acceptance system, if you make a mistake.
- ◆ Reward yourself with give gifts and treats.
- ◆ Schedule pleasure time for yourself.
- ◆ Buy yourself the things you really want – not just what think you should have.
- ◆ Celebrate and experience your successes for as long as possible. Get used to them. Don't jump to the next thing too fast.
- ◆ Acknowledge your successes each day. Keep a book of successes. Tell people about your successes.
- ◆ Stand in front of a long mirror and love yourself. Most people use mirrors to find something wrong with themselves.
- ◆ Do the work that you like and love to do.
- ◆ Participate in life on a very high level.
- ◆ Put great pictures of yourself on your walls.
- ◆ Invest in things you love with people you love.
- ◆ Send yourself postcards, and loving cards with good things said to yourself.
- ◆ Call in messages to yourself on your own voicemail.
- ◆ Play Self-esteem recordings.
- ◆ Read supportive books.
- ◆ Watch inspirational YouTube videos – Mooji, Abraham-Hicks, Eckhardt Tolle.
- ◆ Go to workshops.
Receiving Coaching.
- ◆ Visualize your ideal body and your ideal life.

What I can do to improve my Self-esteem.

The Habit of Keeping Friends

Life always brings new experiences, so you need to be honest and speak the truth to keep your relationships current and open.

When you have high Self-esteem, you will find yourself surrounded by good, truthful, encouraging, successful like-minded people & friends who are also choosing to progress on their Healing-journey.

Naturally, you want to be free to be yourself. This means to not have any Incomplete Experiences, withholds or judgments with your friends.

Communicate directly with honesty and clarity. Try to communicate without anger. If you need a change, bring in solutions instead of complaints.

Communicate and let go at the same time. Show yourself.

It is innocent and inspiring to tell the truth.

Holding back acknowledgments, also makes relationships stagnant.

This should be a practice that you continue your whole life.

EXERCISE

Keeping my relationships open and current.

Make a list of ways you can raise your Self-esteem.

Sit in front of another person. Choose who is first and who is second.

First person says:

Something that I need to say to be myself in your presence is _____

Second person acknowledges the communication.

First person says again:

A way you inspire me is _____

Second person responds again, acknowledging the communication.

Then switch roles.

Notice if you are excited to meet someone new and maybe learn something new or you have a reaction to what they say.

Notice if several people say the same thing and what you might learn something about yourself from that.

Notice if what you say to others is what others are saying to you.

Notice if what your judgments of others is the same judgment you have about you.

Notice if they can handle your feedback and if you found a new friend.

The Habit of Enjoying Your Natural State

The most important relationship you have is with yourself. It must come first!

Having high Self-esteem is not being egotistical. Egotism is trying to prove that you are OK, after you have fallen into not liking yourself. It is trying to prove yourself to yourself by using the vehicle of trying to prove yourself to others.

People with high Self-esteem can talk well about themselves, without it sounding like bragging. You can approve of yourself and give yourself attention in the presence of people and receive approval for it.

The habit of High Self-esteem is the self-respect that honors your Natural State.

It is actually arrogant to not have high Self-esteem, because that would be denying your truth.

The Habit of Acknowledging your Progress and Success

You have now achieved new wisdom and a heightened way of living. Savor it.

Continue to remember your success years later. This is a challenge. Usually you forget. Remain in your healthy consciousness. Remembering your personal evolution keeps you aware of that you are progressing.

You also tend to forget what you have healed soon after recuperation. Even after a big disease, you soon forget that you ever had a problem and erase its reality. Remembering and staying aware of this process of change can support you to trust and relax as you encounter more challenges.

Don't go seeking for things to heal. That would be your addiction to imperfection and your low Self-esteem. Get used to living with high Self-esteem. When you experience high Self-esteem, stay there as long as possible. If something else needs to be healed, or if a success was missed, it will certainly come back for another round of your attention.

After change, you have no old life to go back to. You might try and struggle to recreate it, but it is easier to explore something new.

As change appears in your life, you'll want to remember it, because to stay in a state of Success Consciousness you will need to remember your successes.

Congratulate yourself, be patient and gentle, and more success will be your reward.

EXERCISE

How I approve of myself.

1. _____
 2. _____
 3. _____
 4. _____
-
-

Cultivate new Supportive Habits

- ◆ Stay aware.
- ◆ Become non-judgmental.
- ◆ Be free of attachments.
- ◆ Identify and release your Destructive Habits.
- ◆ Choose and cultivate Supportive Habits.
- ◆ Have perseverance and discipline.
- ◆ Own Your Self.

PRACTICE

My Supportive Habits.

Supportive Habits that I already have _____

Supportive Habits that I am going to develop _____

Self-Coaching Natural Breathing Sessions

Coaching yourself through a Natural Breathing session

You can support yourself through a Natural Breathing session, in case you want to do a Natural Breathing session and you don't have a Natural Breathing Coach available.

A Self-coaching Natural Breathing session is not a replacement for a professional Natural Breathing session. It is only to boost what is already known. To transform one's life regarding things unknown you need a proficient Breath Coach.

Only attempt to do a Natural Breathing session on your own, after you have done many sessions with professional supervision and you have become safe with the experiences that might show up and you have learned to trust that you are safe, allowing yourself to surrender, even if you experience and release something profound.

After you have done many Natural Breathing sessions with a practitioner you can intersperse professional sessions with self-coaching sessions.

The procedure for a self-coaching Natural Breathing session

- ◆ Find a location and a 2-hour time where you won't be disturbed.
- ◆ Do the usual preparations of turning off phones, going to the bathroom, having Kleenex and a blanket ready, etc.
- ◆ Identify your intention for this Natural Breathing session.
- ◆ Write down your starting time.
- ◆ Have a clock nearby to see if, when you want to finish, you have actually completed a Breathing Cycle. Otherwise, don't worry about the time. Only look at the clock when you think you want to complete.
- ◆ Have a note pad and pen beside you in case you want to make quick note.
- ◆ Do a Natural Breathing session.
- ◆ After, evaluate your session by how much tingling you had.
- ◆ Give yourself a new Creative Question.
- ◆ Make sure you are grounded before going on with the rest of your life.

PRACTICE

Self-coaching Natural Breathing session.

The intention for this session _____

Starting time _____

Do the Natural Breathing session.

Complete a full Breathing Cycle.

Change the breathing pattern, if it doesn't include all the Five Breathing Basics.

My assessment of my session.

Did I breathe to my full capacity? _____

Did I have tingling and how much? _____

Did I go unconscious? _____

Did I breathe a full Breathing Cycle? _____

What experiences did I have? _____

My supportive Creative Question or other homework _____

Changing Habits

Main Points

Habits are sometimes creating what you want and sometimes obstructing what you want.

Avoidance gives, at best, only temporary relief.

Releasing the cause of Reoccurring Symptoms creates permanent change.

Guilt is a protection against feared punishment.

Struggle keeps you from Optimum Living.

Needing to be Right is not worth it.

Competition can be turned into co-operation.

Helplessness is a control issue.

Getting attention is not needed for your survival.

High Self-esteem is well-being.

Success is the final destination.

My experience and understanding of Changing Habits!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to Arne@NaturalBreathing.com.

Name _____ Date _____

Something I have learned about Changing Habits _____

Something I have experienced with Changing Habits _____

Something I want to learn more about Changing Habits _____

How Changing Habits affects me _____

My questions and concerns _____

[illegible][illegible][illegible]

The 6th Challenge - Optimum Living

**Optimum Living means
to experience a fulfilling life
independent of outside circumstances.**

It means that you choose your thinking, allow your emotions, enjoy your physical body, all the while you are aware of your Beingness.

Like the metaphor of meditating on a mountain top, you can be absorbed in your Beingness, while ignoring the passing clouds, or you can get so fascinated by the passing clouds that you lose the awareness of Your Self. The ultimate meditation is to be aware of your Beingness AND the passing clouds, at the same time.



MEDITATION

Be relaxed and alert.

If you have difficulty being alert, sit with your spine, neck, and head straight on top of each other.

Be aware of your external world, whether real or imaginary, including your physical, emotional, and mental bodies.

Does your external world appear as an object, i.e. you are different from it or are you so hypnotized and identified with it, that you forget yourself?

Notice if you remain as an observer or you get lost in objects.

Be aware of Your Self, as your Beingness.

Are you aware of Your Self, as the subject "I am", i.e. you are here and the external is out there or does the external world disappear when you focus inward.

Notice if you can experience Your Self, without an external reference point.

Be aware of Your Self and your external world, at the same time.

Notice if you get an inclusive expanded experience.

Optimum Living is when you enjoy your Being and your external world simultaneously

When you can experience being present and observe your external manifestations at the same time, you are living optimally.

The challenge is to stay present and aware of your True Self, at the same time as you observe the external world – appearing and disappearing. The tendency is to lose your awareness of your Beingness, when you observe objects and to lose the experience of appearances, when you are aware of your Beingness.

It is easier to re-learn how to simultaneously be aware of your subjective and objective worlds, by starting with being aware of your Beingness, and then gradually expand your awareness to include more and more external appearances.

Like the example of what happens when you watch a movie.

- ◆ First, you are aware of yourself getting ready to watch the movie.
- ◆ Then, when the movie starts, you tend to get so absorbed in the movie that you experience being in the movie, forgetting that you are only watching it.

Your ultimate objective is to be able to watch the movie of life, while keeping your awareness of Your Self, as the watcher and with the wisdom that the movie is only an external temporary appearance.

Optimum Living exists as two phases

- ◆ The Healing-journey of remembering and awakening to who you really are.
- ◆ The continuous experience of Being in the now.

Both need awareness and acceptance of every experience.

The Optimum Living Healing-journey

The search for Optimum Living has been going on since the first time you lost your experience of your Real Self. Since then, you have been wondering questions, like: “Why am I sick and why do I grow old and die?” or “How can I find well-being?” or “Why am I here?” Deep down you know there are answers to your questions.

You have embarked on Your Quest through your:

- ◆ Mind – Changing your thinking (new age), controlling your thoughts (yogis) and analyzing (philosophers) your mind.
- ◆ Emotions – Re-experiencing or expressing your emotions.
- ◆ Physical – Adjusting your physical body by taking traditional or nontraditional medicines, eating rules or not eating, adopting preventive techniques, and using a variety of physical exercises and disciplines.
- ◆ Spirit – Religious and spiritual disciplines.

Natural Breathing finds Optimum Living in the expanded awareness of these four bodies.

The Optimum Living State

Optimum Living is living in your Natural State where you don't take things so seriously but, lighten up and play with appearances and disappearances, while totally remaining in the state of Awareness.

Optimum Living is living life to the fullest – moment by moment (now and now) – not through the time concept of enjoying or enduring life, until it is over.

Living optimally includes *remembering how to remain in the now* and not get lost in the unconscious, object-oriented world.

Optimum Living is living in the now, where there is no beginning and no end. This is like the 2-fold reality of a dream, where life events appear to start and end, but when you wake up, you realize that the dream events actually didn't have a beginning or end.

Optimum Living has always existed, but it has looked different throughout the ages. The way we live, changes over time, and even though people do different things with evolution, it is still a manifestation of Optimum Living.

EXERCISE

How I relate with Optimum Living.

A way I don't live optimally is _____

A way I try to live optimally is _____

Notice if your search for Optimum Living frees or binds you.

Natural Breathing necessitates mastery of your increased Life-force

With Natural Breathing you increase the amount of Life-force / Source-energy that you take in.

This is like having a lot of programs running on your computer simultaneously.

When you shut down some of the programs the efficiency of the remaining programs are sped up.

This freed up energy will either make you more aware or make you think more.

It is in your power to live in the freedom of awareness or be trapped by your thinking.

Your Life-force or breath doesn't have the power to stop your FREE WILL to choose the thoughts that you think, so you need to be the conscious master of what you do with your Free Will and hopefully choose awareness over thinking.

If you are not willing to let go of your limiting thinking, breathing more will only bring you trouble.

You do have Free Will to keep repetitive destructive thoughts and habits. If you are not willing to let go of them, breathing more will give them more power to manifest.

If you surrender your Limiting Thinking, they will be erased, uncovering your true underlying permanent beautiful Natural State.

Increasing your Life-force is only advised after you are willing to surrender your destructive thinking, to give room for your Natural State to shine.

Blocks to Optimum Living

- ◆ Unawareness. There has to be an experience to live optimally.
- ◆ Destructive Habits
- ◆ Incomplete Experiences
- ◆ Judgments
- ◆ Attachments
- ◆ Ignorance of "how Truth really works".

Judgments, attachments, and fears keep your attention on the past and the future and keep you away from experiencing your present life. Judging that your life is not optimal makes you have to strive to change it, until you choose to experience the perfection of now.

The benefits of Optimum Living

- ◆ It is an effective journey to reach fulfillment.
- ◆ It inspires you to be passionate.
- ◆ It inspires you to go for your dreams.
- ◆ It is empowering.
- ◆ It purges anything unlike itself.
- ◆ It is an inspiring alternative to trying to correct a limited and victimizing world.
- ◆ It releases fear.
- ◆ It creates safety.
- ◆ It releases “the grass is greener over there” mentality.
- ◆ It’s the Now concept, rather than the view of time, deterioration, and endings.
- ◆ It is to be an inspiration.
- ◆ It is to be a contribution.

EXERCISE

Add some more qualities and activities of the optimum way of living.

Your essential qualities	What you feel	What you do	What you have
Presence	Fulfilled	Dance	
Awareness	Playful	Travel	
Freedom	Connected	Learn	
Love	Inspired	Sex	
Innocence	Healthy	Teach	
Wisdom	Wealthy	Laugh	
Abundance	Joy	Art	
Peace	Bliss	Science	
Creativity	Satisfaction	Meditate	

Notice that when you live with these qualities it is easy to choose to life.

Realize your own perfection so much that you want to keep it!

Commitments

Commitment is your key to success

A commitment is seeing something through to the end. It is a choice to be here fully, which creates increased energy and devotion to all aspects of your life.

Successful people make commitments and stick with them until they are accomplished. They achieve their goals or grow with their process. They like learning and are willing to change as a part of their journey to success.

Unsuccessful people either don't make commitments and stagnate or make decisions that they change, as soon as they have a little opposition. They don't want to be challenged, so they rationalize and justify, disengage, excuse themselves thinking that others won't understand, or they fade away from their challenge, so they can keep their familiar failure belief system.

Your commitment is the rudder of your life. It will steer you where you want to go. Optimum Living is the commitment to make the best out of everything.

The most important reason for commitments is to set a chosen path for yourself. Making a commitment creates action which creates results, unlike procrastinating and avoiding commitments, which ends in stagnation.

The Myth of an Escape Route

Commitment gets strong when it is a necessity. If you don't know the importance of your life or if you have an escape door and believe you will be fine, even if you don't fulfill your commitment, then you will have difficulty being creative and passionate about your life.

If you encounter a problem, you may think that giving up will separate you from the problem and save you. This leads you to live a mediocre life, hiding from evolution.

If you knew that giving up is not a solution, because you will continue to live at your level of consciousness, until you consciously chose to Own Your Self, then you would put a lot of intention into living consciously.

**Having escape routes
deflates your commitment and undermine your passion.**

You may avoid making a decision and procrastinate, because you are afraid that if you make a commitment, you are stuck with it. This is the ego's way of tricking you to stay away from commitments, because you can change any commitment, any time you want to.

Whereas you evolve when you commit and get involved, you stagnate when you disengage, become an observer, or wait until you see good results before you engage.

The reason for non-commitment is to avoid feeling responsible, if you fail, but the real reason for failing is the non-commitment.

Complaining or looking for solutions

On the path of commitment, learning and growth may take place. Learning can be exciting, like when you want to learn something you are interested in.

If an obstacle arises on your committed path, you will look for solutions. If you are not committed you will complain (meaning that you are not looking for a solution) and thus, waste your focus, time, and remain the same.

Sometimes, complaining is done publicly, and sometimes secretly to specific individuals. Other times, it is that internal complaining voice.

When you choose to complain, you engage in negativity and you usually remain with negative people who bring you further down. When you commit, you engage with people who bring you up.

You can identify your level of commitment by observing:

- ◆ How much you complain.
- ◆ How much you rationalize and justify.
- ◆ How much you have already decided that you are right about a problem.
- ◆ How many excuses you have.
- ◆ How easily you give up.
- ◆ How grateful you are.
- ◆ How creative you are in finding solutions.

For example, if you are enjoying the present, you are attentive on what is happening. You nod and make sounds and your arms are probably involved and gesticulating.

If you decide to avoid experiencing your situation, your arms will suddenly fold on your chest or behind your back, or you put your hands in your pockets. At this point, you are no longer participating, and you have become a spectator instead of a being a fully present participant. You have lost your commitment to enjoy your present.

EXERCISE

My level of commitment.

Choose a goal.

Something I want _____

Something I complain about my goal _____

Something I celebrate about my goal _____

Prioritizing your commitments

When you make a commitment, that commitment automatically has to find its place in your priority list.

- ◆ The most crucial thing in your life is first on your priority list. It can be to be free of pain and suffering. It can be your well-being, including such things as food for the day and roof over your head.
- ◆ Your spiritual journey, philosophy, your honor, word, ethics, mission, and vision may also be high on your priority list.
- ◆ Your family members, kids, spouse, parents, and siblings are probably also high on your list.
- ◆ Keeping a job or making money might be high as well.
- ◆ You may have an important job or hobby.
- ◆ Last are probably your desires and goals.

EXERCISE

My priorities.

My 1st priority _____

My 2nd priority _____

My 3rd priority _____

My 4th priority _____

My 5th priority _____

My 6th priority _____

My 7th priority _____

Effective processing

During your Healing-journey you need to learn to deal with your way of handling your Success Tolerance.

Normally, you should be successful, and when you have something you want to accomplish, just because you want to, you do that with passion and pleasure.

When you have something that you are unhappy about, you know you have touched something unresolved from the past, or a mis-learning.

The ineffective way to deal with your Healing-journey is to complain about it and blame it on other people, your outside circumstances or bad luck.

The effective way is to gently acknowledge that learning is trying to present itself. When your buttons are pushed, you have an opportunity to improve. When you are activated, start your research of *what* needs to be let go of or what you can change.

The Optimum Living way of dealing with your Healing-journey is to look for solutions WITHIN YOURSELF and contemplate new Creative Questions.

How Death Works

It is important to be aware of your thinking about death

When you restore your well-being and release your limiting thoughts, you will free up energy and this energy gets directed towards your remaining thoughts and finally to your last limiting thought, namely, your belief about death.

The thought of death has been there since the beginning, but not so potent. When you unravel some of the distractions of your busy life, your plan to die becomes more evident.

In the middle of this cleansing, you are best off knowing that you are not dead and that for you, death is currently only an idea, not a reality. Optimum Living is the best context to process your Death-urge and create heaven on earth.

If your belief, that the thought of death is inevitable, is not released, it will be amplified, pondering such thoughts as: “How do I get out of here?”, “How do I escape from here?”, “How can I escape from my issues?”

The desire to go back to your source

From conception, you got separated from the perfect place – Heaven.

You separated from your womb – your nurturing place – when you were born.

Feeling separated result in wanting to reconnect with peace, feeling nurtured, and getting away from the pain and struggle of life, which gets translated by us as “longing for death”.

How you create death

If you create all your experiences with your mind, the next logical realization is to see that you also create dis-ease and death with your mind.

You may have destructive questions such as:

“Why do I have to die?” “How am I going to die?” “When am I going to die?”

You can exchange those destructive questions for these supportive Creative Questions:

“Why do I want to live?” “How am I alive?” “What makes me thrive now?”

Death is not a problem

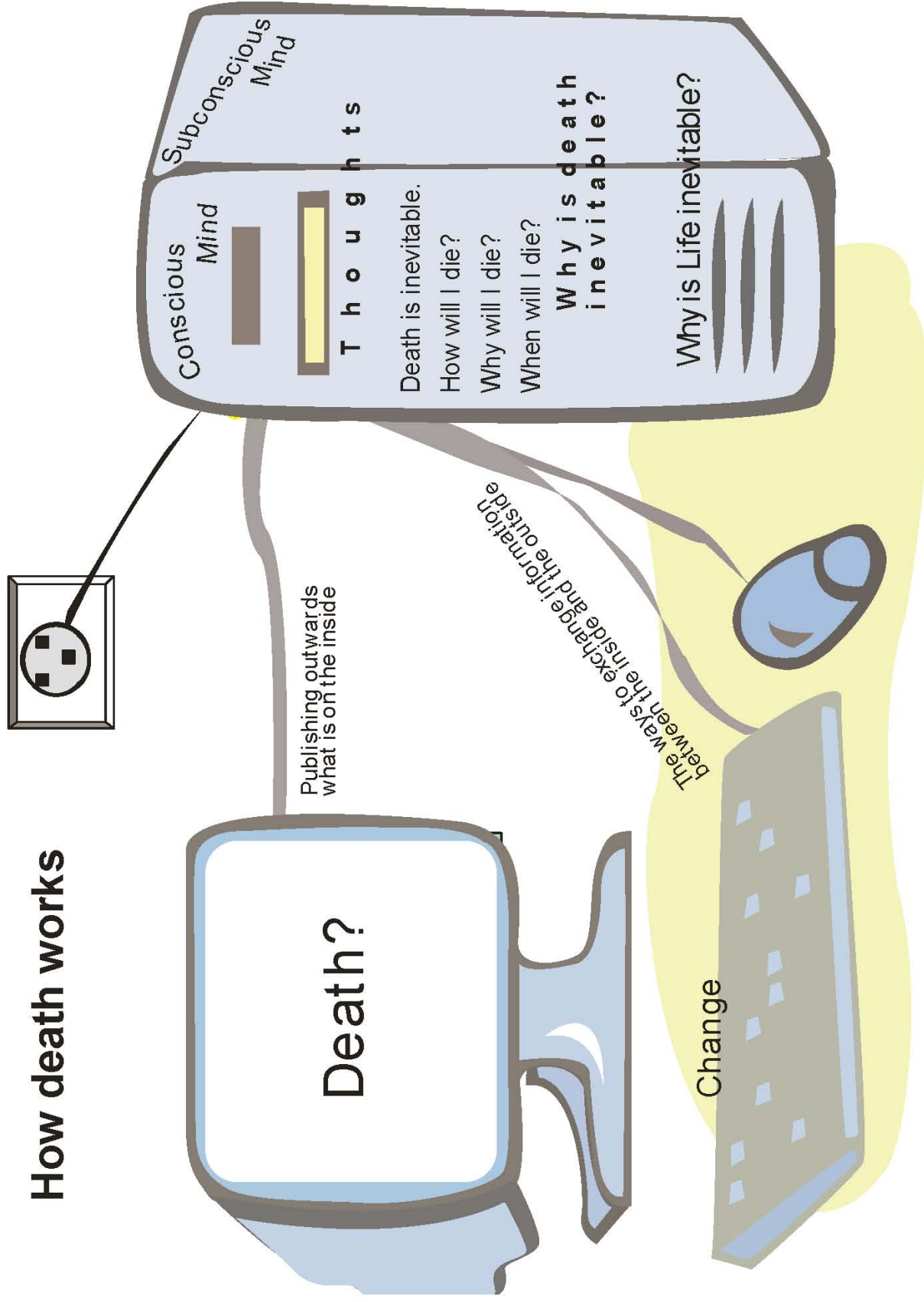
- ◆ If death is an annihilation it is not a problem, since there will be no suffering after death.
- ◆ If there is a continuous experience after death it is not a problem, since you continue to be.

**Death is an option, but not an escape from Owning Your Self.
Wherever you go, there you are.**

If you understand that death of the apparent physical body is not a death of you, but merely another fleeting experience for your continuous consciousness to have, then death is not understood as death, but as another amazing adventure.

If you have given up hope that you can have an acceptable life you may mistakenly believe that death will free you from all your problems and look for death. But, you'll find that death only brings you to your uncontrollable dream world (Tibetan calls this Bardo – the place in between) and then you become aware again – re-acting to your experiences as you have before. Bummer. You are back again to what you had hoped to escape from.

How death works



The disadvantages of believing in the thought of death

The thought of death is the ultimate limiting thought, pretending to be “the end” or the final escape.

The belief in death affects you now, in every moment. The thought of death is the hope that all problems will be solved, and those problems can’t be solved here.

This leaves you believing that ultimately this place only leads to suffering, and your attitude is turned towards depression, hopelessness, and despair. It’s the pessimistic attitude of: “What’s the point?”, “Nothing matters anyway”, and “We are all doomed.”

It is the Ultimate excuse and hope to escape.

Believing in death keeps you from starting new projects. This in turn stops you from living fully here and now, because you are ultimately busy getting ready to leave.

With the thought that death is inevitable in the back of your mind, you can’t feel safe in your body.

If you think that death is inevitable, you will unconsciously be planning the destruction of your body.

The benefits of questioning death

To question the idea that there will be an end to you, gives you enormous benefits today, whether you will actually die or not.

It sparks your courage to commit to thriving. Since you know you are going to be here a long time, and you know there is no escape back door, you will focus on success, the joy of learning and evolution.

Since you are thinking that you will be here a long time, you will make the best of your situations and prepare for your goals.

EXERCISE

How my belief in death and life affects me.

What I believe death will do for me _____

What a belief in living an eternal now will do for me _____

A Creative Question that makes me want to continue living indefinitely _____

The Deathist attitude

The belief in death is the belief that your Life-force is limited. The deathists create a culture that believes in lack, an energy crisis, scarcity, victimization, oppression, hopelessness, depression, win / lose situations, finding imperfections, doom prophecies and the struggle to fight with all of this.

Some say we are trapped in a closed system. The birth / death cycle, where everything has a beginning, middle and end and life has built-in-obsolence. It's the thought that you are born with one tank of gas and you better use it sparingly or you will run out. So, conserve your resources, and don't be too excited and alive.

Some think you have to create life from nutrition, etc. or life will disappear. It is a lot of work to try to stay ahead of this made up rat-race.

Some people believe that they don't want to live forever because that would be too painful. The real reason it is painful is because you are hanging on to the belief that there is an end in the first place. Remember that your cells don't plan for death. They live happily in the now.

EXERCISE

My level of commitment to life.

I am not willing to commit to live forever in a world that has _____

I am not willing to commit to live forever in a world that is lacking _____

Notice that you have reasons to choose death.

An experience I am willing to commit to have forever _____

Notice that you can have reasons for choosing life.

The belief in death challenges health

The belief that you need to die is a big cause for disease and is the last hinder to permanent health and success.

You need to respect people's choices. If you feel you can heal someone and do so without their consent, you might be trespassing on their path.

If you don't address this conscious or unconscious belief, but still heal a disease, then you just have to find another way to die. Such success is not only temporary but prolongs a chosen path.

Death is not a solution but could be an option to another type of experience and path. It is sometimes comforting not to have to deal continuously with one's problem(s). Death appears to give a little space to relax the pressure and thus is not wrong. Eventually you have to deal with Your Self, but at that time you will hopefully be better prepared.

Death is planned and predictable

If you study when and how people die you will find some patterns. You will find that insurance companies have done this study, so well, that they are willing to bet a lot of money on how and when they predict that you will die.

The studies say that most people die when they give up.

- ◆ When their reason for living is over.
- ◆ Most people die at the same age as and in the same way as the person they identified with or liked the most.
- ◆ Within 5 years of the family member they most identified with.
- ◆ When their “job is done” and their children are grown and independent.
- ◆ When they retire.
- ◆ When their bodies are too far gone to be comfortable, it is the only viable option.

You learned about death when you were growing up. What you saw then made you make decisions about when and how to die.

Becoming aware of your decisions gives you the opportunity to reconsider your choice and maybe choose another result. You can look around your world and find other options that inspire you.

If you know you are going to live longer, you will commit to a good life.

EXERCISE

My plans to die.

The age at which I have planned to die _____

The way I have planned to die _____

Someone I know that died at that age _____

Someone I know that died in that way _____

Imagine adding a “0” to your planned death age.

Does that change how you feel?

A reason that would make me change the age I had planned to die _____

A reason that would make me change the way I had planned to die _____

Something that would make me commit to live forever _____

Notice if you can change your plans about death.

The Death-urge

The Death-urge is the attempt to answer the question “How do I get back to peace, being nurtured and heaven?”

With the right knowledge, you could reverse your belief of death, but unfortunately, usually you ask unfavorable questions and adhere to your first limiting answer, which takes your attention away from the fact that you are currently living, provided for, and being nurtured.

Releasing your Death-urge

It is easier to release the Death-urge when you are aware that the thought of death is active, rather than having the outside world demonstrate pointers that this thought is active.

When you notice the death thought, pay more attention, so you don't unconsciously act it out and sabotage yourself.

The way your Death-urge shows up

When you become aware of death in any way, you are noticing the part of your mind that entertains death, as a concept.

You know your Death-urge is activated when:

- ◆ You resist learning and evolving.
- ◆ You want to be alone.
- ◆ You choose to accept failure.
- ◆ You complain.
- ◆ You believe you are a victim.
- ◆ You worry about your or others' safety, security, weather, etc.
- ◆ You witness someone dying or see dead animals,
- ◆ You read obituaries or watch TV or listen to radio-shows that talk about death.
- ◆ Your plants die.
- ◆ Your car won't start.
- ◆ Your teeth decay, your hair falls out.
- ◆ Your business fails, or you lose your job.
- ◆ Your relationships ends.
- ◆ You go into agreement about prophecies of lack and doom.
- ◆ You entertain the thoughts: “What's the use?” and “I'm tired of being here”.

Your Death-urge can get activated when:

- ◆ You hit your Success Tolerance.
- ◆ You successfully release your traumas.
- ◆ You retire.
- ◆ You release past lives.
- ◆ You are releasing your birth trauma.
- ◆ You are connected with people who are sick and/or dying.
- ◆ You approach the age at which a family member died.
- ◆ You have nothing else to live for.

Your Life-urge

Living optimally, you spend each moment engaged in the qualities of Optimum Living. You are On Purpose with every activity you choose. Your life inspires a continuous spiritual engagement.

Your Life-urge is the passion for life that you feel when you live in the now.

- ◆ You understand Optimum Living.
- ◆ You choose Awareness.
- ◆ You live On Purpose.
- ◆ You commit to success.
- ◆ You look for solutions.
- ◆ You are being alive.
- ◆ You are a contribution.
- ◆ You enjoy your success.

Optimum Living is affirming that heaven is here and now

When you let go of the past completely you embark on the part of Optimum Living that gives you the choice to:

- ◆ Live fully now.
- ◆ Live where you like.
- ◆ Do exactly what you like.

The way your Life-urge shows up

This is like you have been a crystal all along, but you have been covered with dirt. Now you are cleaned up, and Life-force shines through you without interruption. You have no choice but to sparkle in the light, projecting appearances all around.



Supportive Creative Questions for affirming life are:

“What makes me alive right now?” and “Why is life inevitable?”

EXERCISE

Exchanging my Death-urge for my Life-urge.

A way I experience my Death-urge _____

A way I choose to experience my Life-urge _____

Body Mastery

You can master your body to the extent that your comfort and happiness becomes independent of external circumstances.

For the purpose of becoming independent of external circumstances and living optimally, you can free your dependency of sleep, food, and anything you think you need to do.

Being independent doesn't mean you can't engage in these activities. It just means that you will enjoy "no matter what" happens.

Being independent of outside circumstances means that you don't make them so real that you can't see that they are only what you make them to be. You know that if you don't focus on the supposed limiting circumstances, you don't fall into that reality. The issue can flicker in and out, mirroring how much you are paying attention to the issue or busy On Purpose.

When you see issues as interesting experiences, you will no longer suffer from them or have to get rid of them.

EXERCISE

My level of independence.

Something I am dependent on _____

Something I am independent of _____

Something I want to become independent of _____

Notice how free you are.

Cold-water Natural Breathing



Cold-water Natural Breathing means that you gradually get into water for a Breathing Cycle, so slowly that you don't get cold.

When you learn to breathe in cold-water, you release the limitations that you have put on your physical body and your dependency on outside temperatures. Releasing these limitations leaves you feeling good in every temperature and knowing how powerful you are.

The purposes of cold-water breathing

- ◆ To increase your Natural Breathing and boost the amount of Life-force you take in during a Natural Breathing session.
- ◆ To be totally aware, alert, focused, and present in moments when you have a tendency to be unaware.
- ◆ To release chemical anesthesia.
- ◆ To let go of dwelling on an emotion or a thinking.
- ◆ To undo your Death-urge and further your Life-urge.
- ◆ To release past life traumas.
- ◆ To uproot Incomplete Experiences.

Cold-water Natural Breathing will make you realize that any experience of feeling cold really comes from moving your focus from your breathing to fueling and allowing your mind to think that the water is cold and uncomfortable.

Doing Natural Breathing in cold-water makes you realize how you can stop being a victim of your thinking process.

Types of cold-water Natural Breathing

You can do cold-water Natural Breathing in really cold-water of 50° Fahrenheit (10° C) or lukewarm water of 70° Fahrenheit (20° C).

It is easy to jump into anything and numb yourself out, like jumping into cold-water, but if you slow down and do Natural Breathing, you will make room for more awareness in your life.

It takes awareness and focus to enter the water slowly and feel the entering. Going slow into the cold-water inspires you to experience feelings. Slow down. Don't miss engaging with every part of the process.

Cold-water Natural Breathing is not about how far you go into the water or how long you stay in the water. It is about doing a Natural Breathing Cycle.

You may take many sessions to be so present that you get fully into the cold-water.

If you do experience the cold-water as being cold, then:

- ◆ You are not doing continuous breathing and instead holding your breath.
You can instantly let go of feeling cold by choosing Natural Breathing again.
- ◆ You are not present, but are lost in your thinking the thought "This is cold."
- ◆ You are not in present time and having an experience, but holding on to an opinion of the experience.

When you lose your focus, you are letting your mind take over. If you, at that time, go deeper into the water, you will automatically be reminded of present time and to do the Five Breathing Basics again.

Getting back to Natural Breathing again, will instantly remove your feeling of cold.

If you feel cold and shaking in a cold-water Natural Breathing session and you are doing Natural Breathing, then you are mis-interpreting the feeling of fear as cold and shaking. Feeling the "interesting" sensation of fear, releases the sensation of cold and stops the shaking.

If you do not feel cold in the area entering the water, then this signals that you are ready to go in further. The speed of entry is determined by how fast you are integrating the new temperature.

The results of cold-water Natural Breathing

The purpose of cold-water breathing is to wake up your awareness and to become super alert.

The tingling you get in regular Natural Breathing sessions might not happen.

Preparation

Prepare a place outside the water to complete the session. Have snorkel and nose-plug ready.

How to do a cold-water Natural Breathing session

- ◆ If it is cold outside the water, wear a warm cover over the body parts that are not in the water, and uncover progressively as you enter deeper.
- ◆ When you start to enter the water, support one knee with your two hands. This will make the body more relaxed.
- ◆ You can slide into the water by using the side of the bath tub or swimming pool.
- ◆ The area that is under the water can sometimes feel more, but you are only measuring the tissue that is entering the water, not what is below the waterline. This is a different kind of sensation and not the shivering cold kind.
- ◆ Focus on the area of your body that is entering the water. If you feel cold in the body-part entering the water, then go slower.
- ◆ If you do not feel cold in the body-part entering the water, then this signals that you are ready to go in further. The speed of entry is determined by how fast you integrate the new temperature.
- ◆ If you do a cold-water Natural Breathing session in a pool or river, the Coach goes into the water ahead of the Breather to be an inspiration and support.
- ◆ Enter with one part of the body at a time, so a full experience is encountered. Entering with both feet, or both arms at the same time distracts from the full experience of each body part.
- ◆ Don't enter the water so fast that you need to take the body part out of the water again. Avoid entering and exiting the water repeatedly. This is usually painful. Go a little slower when you enter and breathe more.
- ◆ Don't stop your breathing. If you breathe fully, you won't feel cold. If you feel cold, you are not breathing fully
- ◆ Certain areas of the body hold more traumas and are more sensitive to the water than other areas. It will take longer to move these areas into the cold-water.

EXERCISE

My fears and goals of breathing in cold-water.

My fears of doing cold-water breathing are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My goals for doing cold-water breathing are:

- 1 _____
 - 2 _____
 - 3 _____
 - 4 _____
 - 5 _____
-
-

When to exit and complete a cold-water Natural Breathing session

These are the clues that it is time to exit your cold-water.

- ◆ When you want to.
- ◆ When a Breathing Cycle is complete.
- ◆ When you have a lot of Tetany.
- ◆ When nothing is happening.

The most common way is to exit the cold-water somewhere in the middle of the Breathing Cycle. In this case, the session continues in the dry and you probably have a lot of experiences after coming out of the water.

Don't dry off your body part that has been in the water. The part is usually extra sensitive, and it will not make it warm. The cold doesn't go away by doing things on the outside, since it is an internal experience.

You can end your cold-water session in the cold-water or exit the cold-water in the same way as you exit from a hot-water Natural Breathing session.

EXERCISE

Breathing in cold-water.

Pair up to exchange a Natural Breathing cold-water session.

Prepare for your session: Your space to complete, your snorkel and nose-plug and Kleenex.

Share your fear _____

Share your goal _____

Do a Breathing Cycle.

Contemplate what you got out of the session.

Completing - Forgiving - Accepting - Letting Be

**Completing your past,
sets you free
to live in the “interesting” now.**

You must complete and let go of every experience, if you want to be permanently healthy, successful, and free to live in the now.

Completing the past means to realize that any conflict was just programs clashing.

Independent means that you can encounter past experiences and people that you didn't like with a forgiving new context.

Acceptance is really an act of self-care, because the person accepting is the one who will feel better. You must let go of injuries and hurts of the past and present, not so much for the other person's sake as for your own health and happiness.

Acceptance is an internal release. When you let go internally, you feel differently yourself.

Letting go is like the delete button on a computer. To delete something from a computer you first highlight it and thus become conscious of what it is that you want to delete. Then you delete it by clicking the delete button. Then you have to go to the Recycle Bin and delete it again.

Letting Be is to trust. It makes your well-being independent of outside circumstances.

Don't hold on to the past

If you don't give up your resistance toward life, you will:

- ◆ Have problems.
- ◆ Suffer.
- ◆ Experience pain.
- ◆ Be unhappy.
- ◆ Be unable to love someone unconditionally.
- ◆ Live in lack.
- ◆ Be in debt.
- ◆ Blame and judge.
- ◆ Be resentful, condemning, and angry.
- ◆ Want to attack.

You tend to go into judgment when you feel hurt or reminded of an old hurt. Instead of taking the opportunity to let an old hurt go, you confuse the situation by thinking that it is a personal attack. Stay with the big picture and that what is happening is just someone going through their resistance to letting go in your presence.

When you have let go, you will recognize that there was no wrong-doing, just interlocking patterns. Even though everyone was truly innocent, it doesn't mean you approve of what was done, but that you understand that it was done out of misunderstanding, mis-learning, or someone trying to distract themselves from encountering an old trauma.

Who and what to let go of and to complete with

The way you tell if a relationship or an experience is complete is to ask yourself:
“Would I be uncomfortable remembering this experience or meeting this person?”
“Would this other person be comfortable meeting me?”

EXERCISE

The situations and people I need to complete with.

I need to complete _____

with _____

I need to forgive myself for _____

I need to complete _____

with _____

I need to forgive myself for _____

The steps to completing past hurts

1. Become aware that you are resisting something or someone.
2. Feel your hurt.
3. Recognize that you are now safe.
4. Give up all claims to punishment or desire to get even.
5. Forgive yourself for having the thoughts that got you involved.
6. Accept and let go.
7. Remember gratitude.
8. Choose a “How” Creative Question.

How to complete

- ◆ You can contemplate Creative Questions like:
Why can I (your name) _____ now complete with (whom or what you are completing) _____ for _____ ?
- ◆ Be aware of your responses. If you don’t get an answer with every Creative Question, just go back to the Creative Question again.

Results of letting go

The accepting state of consciousness is a magnetic power for attracting good.

- ◆ Well-being
- ◆ Happiness
- ◆ Abundance
- ◆ Success

You will know when you are complete with your letting go, because you will feel OK, if that person or memory of that situation come into your presence or to your attention.

Completing with your caretakers

The people that you need to forgive the most are the ones with which whom you spent the most programming time with. These are the ones you learned from first, and those with whom you had the most powerful dynamics, such as your parents, caretakers, and other particular circumstances.

When you start letting go of the past, you may only remember bad things. After completing some of your past, you will start to remember a lot of good memories, that were hidden behind this 'bad' thing. Eventually you will only have gratitude to experience and express. This is one reason why Natural Breathing has such a good effect on uniting families.

One of the best ways to complete the past is to do the Completion Process.

EXERCISE

The Completion Process.

Don't write complete sentences. Just write a note about the ideas for now. Expand on it later.
Choose whom or what you want to use the Completion Process with first.

What I haven't communicated to you _____

A question I have for you _____

What I am most afraid to tell you _____

What I most need to accept you for _____

What I am most sorry for is that I _____

What I have learned from you _____

What I am most grateful to you for _____

Connection with Source

Your relationship with Source affects your access to Optimum Living.

Your Source may mean Consciousness, your teacher, your mother, your origin, or God.

Your connection with your Source affects how you let all of your life situations, such as how love, money, relationships, and work, flow through you.

Your connection with Source may have been cut off at some time, like: at your conception, your birth, leaving home, etc.

If you are disconnected from Source, you become a victim, in lack, powerless, and helpless. If you believe that you don't have a Source, you'll have to work hard to survive, because you think any results you get, can only come from your own efforts. Recognizing that you are fueled by an unlimited source and choosing Optimum Living empowers you to limitless possibilities.

The 3 stages you relate with Source

You relate with Source through the following 3 Stages:

- ◆ Sometimes you may feel that Source is judging and controlling you.
- ◆ Sometimes you may feel that there is no source and you are on your own.
- ◆ Sometimes you may feel that you are in the flow with Source.

You alternate back and forth, between these stages, at certain times and even through the various situations of your life.

- ◆ As a dependent person you believe that you are nothing, Source is outside you, you are separate from Source and subject to its whims.
You learned that you have lack and are helpless, powerless victim, who lives in fear. This means that what happens to you depends on an external power's Will.
- ◆ As an independent person you perceive yourself to be the Source and believe that nothing else is out there. At this stage, because you rebel and say no to outside support, you have conflict and feel alone. You take charge and struggle with your personal force to be the Source of love, money, and so on.
- ◆ As an interdependent person, you are grateful that you are a part of Source, and thus have freedom & individuality at the same time. You manifest what you want, harmoniously with your external world. You recognize that teamwork is a part of success. You have learned to trust, live with ease, and to let your life unfold.

PRACTICE

My relationship with Source.

A way I relate with Source as a dependent person _____

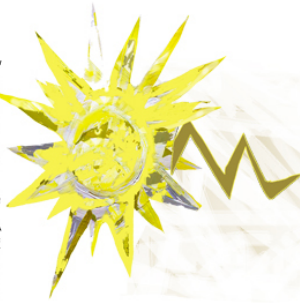
A way I relate with Source as an independent person _____

A way I relate with Source as an interdependent person _____

Notice how you relate with Source.

My Relationship With Source

I am dependent on other's will.



Stuck
Needy
Worry
Fear
Lack
Powerless
Complaining

I am separate from my Source
-VICTIM-

I am independent. What happens depends on my will.



Conflict
Fixing
On a mission
Struggle Alone
Force

I am the Source
-REBEL-

I am inter-dependent. I'm a part of creation.



Gratitude

Ease

Trust

In the Flow

Peace

Abundance

Harmony

My reality is fueled by my source and is shaped by my thoughts.

CO-CREATOR

The Optimum Living philosophy

Optimum Living is realizing that you are the expression of Affirming Presence, the Source of life. That which is looking out through your eyes, is you – Life-force.

You may believe that the apparent physical world is the only reality and thus are missing the support of Affirming Presence. You may believe that the physical universe is not a part of who you are and try to discard the physical to find a spiritual reality. These are two extremes. Spiritual fulfillment includes the apparent universe.

You can't find Source, but at the same time, it appears to exist. It is similar to the metaphor of a dream, the Relative Reality, where things are experienced as existing, but when you wake up, those things were never really there. They just appeared to exist. Even though they didn't really exist, you interpreted that they existed.

Being aware of the subject, the Consciousness of all possibilities, from where everything arises, and to which everything returns is the Ultimate Reality. The appearance of thoughts and object experiences create the Relative Reality. Optimum Living is where the Ultimate and the Relative Realities co-exist. This is the state of freedom, because nothing is so real that it can create suffering by itself and nothing is so important that it is worth fighting for.

When you live optimally, you are fully aware of not truly existing as a separate individual and at the same time you are able to enjoy and play with apparent manifestations. This is like a movie, both appearing and not being real. In this consciousness you are beyond suffering, because you don't make anything so personal and real, that it has a limiting effect on you.

Like the example of meditating on a mountain top: Your complete experience includes being aware the sky, and at the same time you notice the clouds in the sky. If you focus on the sky and ignore the clouds, you are aware of your Consciousness, but ignoring appearances. If you are identified with your appearing clouds, you lose the awareness Consciousness.

The highest meditation, which is the ultimate goal of Optimum Living, is to be aware of your Consciousness at the same time as noticing appearances.

OPTIMUM MEDITATION

Be aware of Consciousness and any appearing experiences.

Meditate on the idea that you are space, where clouds appear and disappear.

Thoughts and experiences naturally arise and subside.

EXERCISE

Natural Breathing cold-water session.

Exchange a cold-water Natural Breathing session.

Share how you relate with Source _____

Share how you want to relate with Source _____

Contemplate the Natural Breathing Session.

Living an Empowered Life

**What You Focus On
Is What You are Focused On!
Choose Wisely!**

How to live an Empowered Life

- ◆ Remember that What You Focus On Is What You Will Experience and get more of. Do you really want more of the issues etc. that you are focused on?
- ◆ Choose to be aware, which means choose to “experience”.
- ◆ Uproot and let go of anything in opposition to experiencing the now.

- ◆ If you experience something that you don't want, use your internal and external manifestations as indicators of what needs to change, for you to live optimally.
 - Acknowledge that you had the power to create what you have now.
 - Know that you are always successful.
 - Remember that some of your previous goals are no longer desired.
 - Choose to replace old goals.

- ◆ If you get activated:
 - Research what you are learning.
 - Don't complain and lose yourself.
 - Look for solutions.

- ◆ Don't struggle with finding something to heal.
 - If anything needs healing, it will show up, when the time is right.

- ◆ Love and accept.
 - Be spontaneous.

- ◆ Get used to living with success.

Celebrate your accomplishments

If you find it hard to recognize your accomplishments, then you need to practice. Start with simple things. For example: Accomplishing getting up in the morning.

Be an inspiration

Stop being affected by other's negativities. Lighten up! Change your relationship roles with them and choose to be an inspiration of Affirming Presence.

Let people just experience your true loving self, rather than trying to change them.

Pick your daily Creative Question card or click on the App to get positively inspired.

**To live optimally you need to release your old habits of judging,
and stay away from attachments,
while being aware of your experiences.**

Gratitude

A natural outcome of success is to want to share the good achieved.

You live optimally when you are grateful. Focusing on gratitude creates and enlivens your successes.

If you are not used to remember to be grateful, you can practice this skill by starting to become aware of your small successes, such as being grateful for waking up in the morning or having a home.

You can also get in “Success Mode” by contemplating:

“How do I feel when I am successful?”

“How do I feel when I feel grateful?”

Journal

- ◆ Contemplate and write down your discoveries.
- ◆ Write 5 things in the morning that you are grateful.
- ◆ Write 5 things in the evening that you have accomplished.

Transitional questions

Use these Creative Questions when your goals seem too far away.

- ◆ What makes me better than I think?
- ◆ How am I taking responsibility for my life and letting others be responsible for theirs?
- ◆ Why is it sometimes right to be wrong?
- ◆ Why does Life-force always turn everything I do, into my perfect Healing-journey?
- ◆ Why is it that the more I _____ the more I _____?
- ◆ Why can I forgive myself for thinking _____?

Create a Treasure Quest

This is a visual representation tool for building the experience of what you want.

Choose a particular goal that you want to manifest. You can have more than one.

Add the following items by gluing or writing them on a thick paper board:

- ◆ Draw or cut out pictures of what you want to create.
- ◆ Add Creative Questions of what you want to create.
- ◆ Portray a connection with the infinite as a symbol of your Natural State.
- ◆ Put a picture of yourself on the Treasure Quest.
- ◆ Complete with the cosmic clause: “Why can this or something better now easily manifests for me, with good for all concerned?”
- ◆ Put it in a place where you will see it often.
- ◆ By looking at your Treasure Quest often, it becomes your reality more and more.

Optimum Living

Living optimally means to enjoy your gifts and what you do. It also means that you use your skills to be a contribution to your society. Living optimally includes both living a meaningful fulfilling life and being a contribution to others.

You have been gifted with:

- ◆ A hobby.
- ◆ A Purpose.
- ◆ Getting Natural Attention.

You are a contribution when you:

- ◆ Play with your Hobby.
- ◆ Live On Purpose.
- ◆ Get Natural Attention.

For example, if you love music, you probably spend some time playing music (your hobby) and this makes you feel free (your purpose) and others want to listen to your music (getting Natural Attention). Your gift is the love of music and sharing your music becomes your contribution.

Another example, if you are good at construction, you probably spend some time constructing things (your hobby) and this makes you feel creative (your purpose) and others want to enjoy what you have built (getting Natural Attention). Your gift is being good at construction and sharing your constructions becomes your contribution.

When you have identified what your unique gift is you can start to live optimally by choosing how you are going to share your gift with your society.

EXERCISE

My Optimum Living Gift and Contribution.

A Hobby I have is _____

My Purpose is _____

A gift I have is being good at and enjoying _____

The way I get Natural Attention is _____

My contribution is to share my gift of _____

Optimum Living

Main Points

Optimum Living is both your journey and your destination.

The myth of death stops your passion for life.

Death-urge can be transformed to Life-urge.

Completing the past keeps you current.

Cold-water breathing leads to body mastery.

Completing makes the completing person healthy and happy.

Your relationship with Source is supposed to evolve.

My experience and understanding of Optimum Living!

Report on your training experience and exchange sessions. Write legibly or this is of no use.
Make a copy and give this to your producer or email it to Arne@UnlimitedBreath.com.

Name _____ Date _____

Something I have learned about Optimum Living _____

Something I have experienced with Optimum Living _____

Something I want to learn more about Optimum Living _____

How Optimum Living affects me _____

Exchange a Natural Breathing session where you enter cold-water slowly and finish outside. If no cold-water situation is available, do a dry session. Explore your level of with Body Mastery.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

Exchange a cold-water Natural Breathing session. If no cold-water situation is available, do a dry session. Explore how you relate to your Source.

What I experienced and noticed when I was the Coach _____

What I learned and experienced when I was the Breather _____

The Completing Program

MEDITATION

Sit in a relaxed position.
Become exquisitely aware of your whole being, both inside and out.
Let your Life-force bathe you in eternal spirit.
Let the eternal spirit play with your whole being.
Enjoy this experience beyond time and place.
Experience Your Self as being one with everything.
Keep your experience without a special focus.

When you approach the end of Your Owner's Manual, you activate your Completion Program.

Becoming aware that how you complete is an essential component for Empowered Living, because everything that is created has a beginning and an end.

The way you relate to and feel about completing depends on your memories and past programming.

You believe consciously or unconsciously that your situation will end the same way as a similar situation ended in the past.

By looking back at how you are used to complete things you can find your unique repetition. If you don't consciously choose a different way to complete, you can predict what your future experience of completion will be.

The usual experiences people have of completing

- ◆ You may feel that completing is an exciting initiation into a new world and look forward to exploring new horizons.
- ◆ You may feel separation, abandonment, betrayal, and being left out or forgotten.
- ◆ You may dislike completing and fear you are going to lose something.
- ◆ Or you may feel fear of the future.

Avoiding completing

If you dislike completions, you may feel completing is something to avoid, so you have developed ways to avoid your Completing Process. Here are some ways:

- ◆ You may feel anger through trivial or major upsets, so you won't feel the pain of separation, in order to make it easier to leave those with whom you are connected.
- ◆ You may fear that people are angry with you.
- ◆ You may leave before the end.
- ◆ You may start your next project before the end of the previous one.
- ◆ You may be addicted to beginnings and recreate them again and again.
- ◆ You may avoid following through and abort your projects, before the end.
- ◆ You may refrain sharing your new energy, happiness, and treasure with the world, by not using any of the things you have learned and experienced.

EXERCISE

Choosing how to complete.

The way I usually complete _____

A new way I choose to complete _____

Choosing to experience your completion

The biggest challenge to completing is to feel it and experience all the emotions that come with completing. Intense shared experiences, such as Your Six Challenges to Own Your Self, creates a deep bond that challenges your Success Tolerance.

As you Own Your Self, you will make this completion a success. Share your passionate New Self with the world. Let the waves of your passion touch other people.

EXERCISE

How I have changed since the beginning of this Natural Breathing training.

Something that is different about me _____

Something about me that I have changed _____

A change I acknowledge myself for _____

Something about me that I like to celebrate _____

Something I like to celebrate about my life _____

**Congratulate yourself for your courage
to have chosen real change!**

Natural Breathing 10-Session Series

The importance of the Natural Breathing 10-Session Series

To get full value of Natural Breathing, you want to do the 10-Session Series.

Natural Breathing is like pouring water in to a glass that has mud on the bottom. The first pour of water in to the glass will stir up the mud. When you continue pouring in more water into the glass, it will overflow and carry some mud with it. If you don't pour in more water into the glass, the mud will slowly settle again. That creates an unnecessary struggle. The 10-Session Series provides a good pour.

Within 10 sessions, all Breathers will experience the power of Natural Breathing.

- ◆ Some people don't get how to do Natural Breathing in the first few sessions and thus don't get much experience or success. Then they might think they got it and that the process isn't very good, not recognizing that it was their execution of the process that limited the result. Through the guidance of the 10-Session Series, they will definitely get how to do Natural Breathing.
- ◆ Breathers will get better support as their Breath Coach gets to know the Breather's breathing patterns more and to have time to work with and adjust them to Natural Breathing.
- ◆ The Breather develops more trust through repeated sessions.
- ◆ Breathers get to uproot and transform some mis-learnings and Incomplete Experiences and discover their remarkable Real Self.

It is optimal to do one session per week to keep you moving forward and integrating your Self-Discovery.

If you are encountering a big issue, you can do more than one session a week.

You can also do sessions more frequently during special assignments, in advanced training or with the 10-Session Jump-Start Training.

The Natural Breathing 10-Session Jump-Start Training is for you, if you need to address a strong topic and want quick results or you live in a location where there is no Natural Breathing Coaches.

After finishing the Natural Breathing 10-Session Series, it is good to continue with another 10-Session Series, preferably with a practitioner of the opposite sex, because that will awaken programming from the other sex caretaker and enable you to heal those programs.

After the first 10-Session Series a different practitioner will also bring a fresh outlook on your process, so you can optimize the results of your sessions.

After you have completed the Natural Breathing 10-Session Series, it is OK to take additional sessions that are not in a series of 10, because the Breather has already received enough experience to know that Natural Breathing works, but the boost of the 10-Session Series is always the most effective.

About the Author

I am Arne Rantzen, Swedish born and the founder of Natural Breathing.

After an “interesting” hippie life, I became a Tibetan Buddhist monk in 1975, (ordained by the 16th Karmapa) and taught by Khenpo Tsultrim Gyamtso Rinpoche. After 5 years as a monk, I decided that it was better for me to continue as a lay person.

I got my experience of Western medicine, working as an LPN, for twelve years.

Dissatisfied with the temporary results of symptomatic approach and its intrusive nature, I began my study with some of the most prominent healers in Personal Growth and the Contemporary Healing Arts, in 1982.

I learned Reflexology and became a teacher of that. I studied Aston Patterning, Craniosacral Therapy, Reiki and Body Harmony, trained by the founder, Dr. Don McFarland, culminating as an international Body Harmony teacher in 1987.

In 1986, I moved to the US, and spent 9 years attending, assisting, and teaching in the 6-months (later years became 9-months) International Seminar Leadership Program, ISLP, directed by Bob and Mallie Mandel.

During this time, I also encountered breathwork and became a Rebirther and a Rebirth Trainer in 1990.

I became a trainer of the Loving Relationships Training, LRT, under the guidance of Sondra Ray, in 1991.

My studies have also included ACIM – A Course In Miracles, as well as a continuous engagement with Tibetan Buddhism.

In addition to my own practice and trainings, I attended many events with such trainers as Tony Robbins and T. Harv Eker and Peak Potential.

In 1995, I was ready to combine my experience of the Tibetan Buddhist tradition and the Contemporary Healing Arts movement of the west.

I founded Unlimited Body, hands-on healing technique, Unlimited Breath and this breathwork modality, Natural Breathing. I have also enjoyed leading many FireWalks.

I realized the importance of Creative Questions in 2000 and that Creative Questions are the foundation for Affirmations, so I developed the Creative Question Approach, with the Creative Question cards.

I have been given private Coaching sessions and been an international Trainer since 1982. I feel fortunate to have been able to work with thousands of clients and students around the world, ranging from those with injuries and chronic problems to those who are set to achieve their goals.

My intention with this Owner's Manual is to let you know about these 6 Challenges, that have had, and continues to have the most profound impact on my Healing-journey, so you can simplify and speed up Your Healing-journey, by-passing struggle, and mis-learning and to apply these real, practical, and effective life-changing tools.

Acknowledgments

Most of all, I am grateful to the all-pervading inspiration of truth and wisdom. It has inspired me to learn the profound topics of breath and consciousness, as a way for my own realizations and awakening, and now to share these profound methods with you.

I acknowledge my parents who have patiently stood by my side through all the amazing endeavors that I have embarked on.

I am grateful to my Tibetan spiritual teacher, Khenpo Tsultrim Gyamtso Rinpoche. He showed me that there is such a thing as spiritual awakening. He guided me from being a lost soul to understanding the Absolute Truth and the joy of the Relative Truth and temporary existence.

Dr. Don McFarland, the founder of Body Harmony, taught me how the body spontaneously heals, if given the chance, and that love, and acceptance were the tools needed to let me open and trust feeling my emotions and aliveness again.

Sondra Ray, the founder of LRT – Loving Relationships Training and one of the Rebirther pioneers, taught me how to boost my Life-force through breathing and the creative power of my mind.

Bob and Mallie Mandel, the founders of ISLP – International Seminar and Leadership Program, have showed me what community and friends are all about and what it means to be a true leader.

Doctor Monica, founder of Awakening Coach, my loving wise wife, encouraged me to write and publish this Natural Breathing Owner's Manual.

Thank you, Natural Breathing friends and editors who have helped to clarify the Natural Breathing language.

Thank you, Natural Breathing teachers, trainers, coaches, practitioners, producers, organizers, students, and Breathers, for your vision and compassion to inspire yourself and others to benefit from Natural Breathing.

Appendix 1

Delivery effects depending on specific circumstances

Completion Program					
Experience	Reason	Decision	Results	Healing	Career
Normal	Mother would probably refer to the delivery as no big deal or nothing unusual.	<ul style="list-style-type: none"> ▪ I am nothing special. ▪ I don't make a difference. ▪ I don't matter. 	<ul style="list-style-type: none"> ▪ There is still trauma associated with these deliveries. 	Realize that you are important.	
Anesthesia Mother receiving drugs that make contractions stop and maybe even make her unconscious. It could pass over the placenta, so the baby feels paralyzed or feels a loss of consciousness. Born half-alive and half-gone. Weak help from the contractions to come out.	Stop pain.	<ul style="list-style-type: none"> ▪ I have to be dead or unconscious to be alive. ▪ I am alone. ▪ I have to do it alone. ▪ My mother has abandoned me. ▪ My mother isn't there for me. ▪ I have no support. ▪ I need something to get through this. 	Frightening for the baby as the lower half of the mother's abdomen turns to jelly and the baby has nothing to rotate on. <ul style="list-style-type: none"> ▪ Feels either out of control or totally controlled. ▪ Before a change you feel unconscious. ▪ Things happen to you. ▪ Feels out of touch. ▪ Foggy & spacy. ▪ May have alcohol or drug dependency. ▪ One can smell the anesthesia around them now and then. 		<ul style="list-style-type: none"> ▪ Anesthetist. ▪ Drug addict. ▪ Drug opposition projects.
Pain Killers <i>Pethidine</i> <i>Epidural</i> <i>Laughing gas</i>	Pain reliever	<ul style="list-style-type: none"> ▪ Bonding inhibited. ▪ Breathing reflex inhibited. ▪ My mother isn't here for me. ▪ Women don't give me what I want. 			
Other rugs <i>Scopolamine / Twilight sleep</i> <ul style="list-style-type: none"> ▪ A psychedelic drug that separates the two sides of the brain and causes amnesia. ▪ The mother sometimes has to be put in restraints. 	To make mother unaware of pain.	People are crazy. Life is crazy.	<ul style="list-style-type: none"> ▪ Tends to experience being out of control or totally controlled. ▪ Gets very hot. ▪ Can have amnesia. 	<ul style="list-style-type: none"> ▪ Need more breathing than others. ▪ Cold-water breathing is especially good for these people. 	

Blue baby <ul style="list-style-type: none"> ▪ Lack of oxygen. 	<ul style="list-style-type: none"> ▪ Birth Too long. ▪ Umbilical cord around the neck. 	<ul style="list-style-type: none"> ▪ I have to die to be alive. 	<ul style="list-style-type: none"> ▪ Brain damage. 		Breath practitioner.
Breach <ul style="list-style-type: none"> ▪ Comes out of the womb in a way that is uncomfortable for themselves and/or for the mother. 	<ul style="list-style-type: none"> ▪ Don't want to leave or come out. 				
<i>Butt first</i>	<ul style="list-style-type: none"> ▪ They often try to hide their sex. Sometimes this is because they know the parents want a baby of the other sex. 	<ul style="list-style-type: none"> ▪ I hurt the people I love. ▪ I have to hurt people in order to live. ▪ I'm guilty. ▪ If the doctor turned you in the womb you might feel your way is wrong. 	<ul style="list-style-type: none"> ▪ Tend to do things backwards or the hard way. ▪ Be afraid of hurting people. ▪ Have a lot of struggle, trauma, and pain. ▪ Struggle in relationships. 		
<i>Feet first</i>			<ul style="list-style-type: none"> ▪ Always land on their feet. ▪ Always succeed. 		
<ul style="list-style-type: none"> ▪ One arm or leg out and the other inside the womb. Coming out in a complicated way. 			<ul style="list-style-type: none"> ▪ Physical pain in the stuck joint. ▪ Complicated personality. ▪ Can't decide how to do things. ▪ Feels the outside is forcing them to do things that are complicated. 		
<i>Face presentation</i>	Shows face first because don't want to show genitals, because the parents were usually wanting or expecting a child of the opposite sex.	<ul style="list-style-type: none"> ▪ I'm opposite. ▪ I hurt people. 	<ul style="list-style-type: none"> ▪ Issues about presentation. ▪ Has a need to have a perfect presentation. ▪ Rebellious behavior. ▪ Opposite to everyone else. ▪ Tends to have shoulder neck pain from the memory of being pulled when coming out. ▪ Tends to have a crooked smile. ▪ Tends to get lost. 	Why did they turn and presented their face first?	<ul style="list-style-type: none"> ▪ Models ▪ Actors and actresses.

<i>Transverse lie</i>	<ul style="list-style-type: none"> Stuck while turning. 	<ul style="list-style-type: none"> Whatever I do is wrong. I am stuck. 	<ul style="list-style-type: none"> Trouble being aligned. Does things opposite or wrong. Tends to go in the wrong direction. Gets lost a lot. Difficulty in being direct. 	<ul style="list-style-type: none"> Why transverse lie? Why did they try to turn? 	
Cesarean			<ul style="list-style-type: none"> Gets interrupted. Crave or dislike touch. Has difficulty completing things. Fear of completion. They survive by being incomplete - like leaving early. Completion is like death to them. Works well in "doing 20 things at once" environments. Skips steps. Can't understand why others can't see the easy way out. Fear of or fascination with knives. May set up situations where they have to be "bailed out". 		
<i>Emergency</i>	<ul style="list-style-type: none"> Have to be rescued. 	<ul style="list-style-type: none"> Can't do it themselves. 			
<i>Planned</i>	Forced against their will.	<ul style="list-style-type: none"> Have to follow others timing. 	<ul style="list-style-type: none"> Feels interrupted. Not understood. Angry. 		
Cord around neck The baby puts the cord around their neck in an attempt to not come out and/or to die.	<ul style="list-style-type: none"> Baby doesn't want separation. Baby doesn't want to leave. 	<ul style="list-style-type: none"> Source of life kills. In order to survive in the world, I have to nearly die. 	<ul style="list-style-type: none"> Could have suicidal tendencies. Hate things around neck. Cut off from emotions. Sabotage themselves. Feels strangled by commitments. 	<ul style="list-style-type: none"> Why were they trying to do this? What was going on around them before birth? Did they think they were the wrong sex? Unwanted. Confusion between choosing life or death. 	
Dry birth	Water broke long before the baby came down the birth canal.	<ul style="list-style-type: none"> Fear of hurting the ones they love. 	<ul style="list-style-type: none"> Painful struggle. Skin irritations. Irritable or angry, blows up, hot tempered. Impatient. 		
False labor	<ul style="list-style-type: none"> Someone interpreted that the labor had 		<ul style="list-style-type: none"> Tends to make false starts. 	Learn to follow through.	

	<ul style="list-style-type: none"> started, but it was not so. Labor started and then stopped. 				
Fast birth <ul style="list-style-type: none"> Within 12 hours of the first delivery stage. Within 3 hours of the second delivery stage. 		<ul style="list-style-type: none"> I'm not ready. They are not ready for me. It's wrong for me to be fast. I missed something. 	<ul style="list-style-type: none"> Tendency to be impatient. Really goes for it. Feels incomplete and that something was missed. Makes fast or spur of the moment decisions. Repeats experiences. Questions things. Craves or dislikes touching. 		
Forceps Forceps or a suction cup is placed on the baby's head, and then the baby is pulled out.	<ul style="list-style-type: none"> Baby is stuck and needs help and manipulation to come out. Often because the mother's contractions were stopped by anesthesia. 	<ul style="list-style-type: none"> People are out to get me. I can't do it alone. I can't make it on my own. Support is painful. Support hurts. 	<ul style="list-style-type: none"> Feels and fears being attacked. Anger at being manipulated. Support feels painful. Need to be in control. Fear of pain. Tendency to have migraines. Sensitive head. Don't like things on their head. Tend to be in their head and think a lot and not feel too much. 	<ul style="list-style-type: none"> Why did the baby need to be pulled out? Needs to have gentle support. Forceps marks might appear on the head during a session. 	<ul style="list-style-type: none"> Chiropractor
Held back / Labor interrupted Blocking the birth canal by: <ul style="list-style-type: none"> Crossing mother's legs. Administering drugs to stop the contractions. 	<ul style="list-style-type: none"> Came here but didn't really want to be here yet. Delivery team not ready. 	<ul style="list-style-type: none"> I can't do it myself. People hold me back. People aren't there for me. People are trying to stop me. What I want is not important. I can't have what I want when I want it. I'm ready, but the world is not. I am going to do things my way and on my own time. 	<ul style="list-style-type: none"> Feel they have to break through something. Easily angry. Feels held back, controlled, and manipulated. Confused about timing. Gets even by withholding. Won't do what needs to be done. Gets others to induce them and then resents it. Has trouble initiating. They hold themselves back. Others are holding them back. 	<ul style="list-style-type: none"> Find out what the mother's and the baby's thoughts were. 	
Incubator	<ul style="list-style-type: none"> Born too early. Not developed enough to make it on their own. 	<ul style="list-style-type: none"> I'm untouchable. Look but don't touch. I have to be alone and separate to survive. I might not make it. 	<ul style="list-style-type: none"> Tend to have a psychic or extra wall around them. Touch is painful. Comes out twice. Nourishment and weight issues. Fascination with machines. 	<ul style="list-style-type: none"> Find out why they came out early. Wants to go through two breath cycles. One out of the womb and 	<ul style="list-style-type: none"> Computer experts. Working in small offices or cubicles.

				one out of the incubator.	
Induced Baby is forced to come out using outside intervention to start labor: <ul style="list-style-type: none"> ▪ <i>Water breaking.</i> ▪ <i>Castor oil.</i> ▪ <i>Administering medicine.</i> ▪ <i>Going for a bumpy car ride.</i> ▪ <i>Mother doing physical work.</i> 	<ul style="list-style-type: none"> ▪ The baby is too late. ▪ The date for the birth is desired by the parent(s). ▪ The date for the birth is desired by the delivery team. 	<ul style="list-style-type: none"> ▪ I can't do it when I want to do it. ▪ I can't do it myself. ▪ I can't do it alone. ▪ What I want is not important. 	<ul style="list-style-type: none"> ▪ Not choosing. ▪ Has trouble initiating. ▪ When induced they get resentful. ▪ Easily angered. ▪ Feels controlled by others. ▪ Resist what they see as control and manipulation from other people, which might actually be support. ▪ Needs to feel forced and then resents it. 	Chose not to choose.	
Late Born later than 2 weeks after expected due date.	<ul style="list-style-type: none"> ▪ Didn't want to leave. ▪ Didn't want to come out. 	<ul style="list-style-type: none"> ▪ I'm not ready. ▪ I'm too much. ▪ I hurt people. 	<ul style="list-style-type: none"> ▪ Issues with time. ▪ Often late. 	<ul style="list-style-type: none"> ▪ Find out why they came out late 	
Long Labor / Slow birth <ul style="list-style-type: none"> ▪ More than 24 hours of the first delivery stage. ▪ More than 12 hours of the second delivery stage. 	Busy	<ul style="list-style-type: none"> ▪ Life is a struggle. ▪ I'm stuck. ▪ I can't get out. ▪ I can't get through. 	<ul style="list-style-type: none"> ▪ No-exit terror. ▪ Needs workout. ▪ Communicates continuously. ▪ Nonstop talking. ▪ Impatient. ▪ Takes long time to do things. 		
Placenta previa		<ul style="list-style-type: none"> ▪ My support leaves without me. ▪ I can't make it. 	<ul style="list-style-type: none"> ▪ Can find themselves blocked in life. 		
Premature/ early Born earlier than 3 weeks before due date.	The baby didn't want to stay in the womb because: <ul style="list-style-type: none"> ▪ Toxic womb. ▪ Mother not supportive or had lack of love. ▪ Placenta not working. ▪ The womb not feeling safe. 	<ul style="list-style-type: none"> ▪ I'm too small. ▪ I'm too weak. ▪ I can't make it. ▪ I'm helpless. ▪ If fed by IV the baby might have been strapped down so as not to dislodge the IV - the decision might be "I can't move". 	<ul style="list-style-type: none"> ▪ Problems with time. ▪ Helpless. ▪ Commitment problems. ▪ Person might over-compensate and be tough, self-reliant, or not accepting help. ▪ Can become overweight because people approved of gaining weight. 		
RH factor <ul style="list-style-type: none"> ▪ A transfusion. 		<ul style="list-style-type: none"> ▪ My life-force is poisonous. 	<ul style="list-style-type: none"> ▪ Needs something outside to feel alive. 		
Twins <ul style="list-style-type: none"> ▪ <i>Twin coming out first</i> may have felt pushed out. ▪ May have taken control and become a leader. 		<ul style="list-style-type: none"> ▪ Needing to be a leader. ▪ May feel guilty of going first and leaving others behind. 	<ul style="list-style-type: none"> ▪ Is the leader. 		

<ul style="list-style-type: none"> ▪ <i>Twin coming out second or after may feel weak.</i> 		<ul style="list-style-type: none"> ▪ Maybe guilty for pushing the other out first. ▪ Others are more important. 	<ul style="list-style-type: none"> ▪ May be angry about being left. ▪ Second best. ▪ May feel insignificant or invisible. 		
<ul style="list-style-type: none"> ▪ One twin died and/or were absorbed. ▪ More prevalent than we think. 		<ul style="list-style-type: none"> ▪ In order for me to live, someone has to die. 	<ul style="list-style-type: none"> ▪ Guilt for surviving 		

Hospital birth	The idea of optimum help.	I need professionals to be responsible for me.	A life of check-ups and medical procedures.	Realize that your Source created the birth process and is the cause of your safety.	Hospital staff.
Home birth	Wanting a natural birth.	<ul style="list-style-type: none"> ▪ I trust to be natural. ▪ I am taken care of. 	<ul style="list-style-type: none"> ▪ A free attitude. ▪ Maybe rebellious. 	Everything is perfect.	Natural products promoter.
Special circumstances birth.	Born on the way to the hospital.	I am out of sync.	Dramatic surprises.	Relax	
Your mother being ill or in danger.	Mother is sick, or the delivery takes a wrong turn.	<ul style="list-style-type: none"> ▪ I'm unimportant. ▪ People aren't there for me. 	Others get attention because they have a bigger need.	I have all the attention and support that I need and want.	Self-sufficient and jobs that are independent of others.
Your father being present or wondering where he was?	He was not welcomed, or he was busy.	Men aren't there for me.	Not having men around.	Learn to hang out with men.	
Your delivery team feeling supportive.	A loving confident team.	I am supported.	Getting support.	Accept support.	
Your delivery team feeling attacking.	Your birth team was had a technical approach.	I am attacked.	<ul style="list-style-type: none"> ▪ Have to fight to make it. ▪ Have to stay away from people. 	Realize you were supported enough.	<ul style="list-style-type: none"> ▪ Fighter ▪ Army
Was there a feeling of emergency in the delivery room?	<ul style="list-style-type: none"> ▪ The delivery perceived as a medical intervention. ▪ Real emergency. 	Something is in danger.	Living in an emergency world.		Emergency jobs.
The delivery team being stressed.	The time of the day of the delivery.	I am celebrated or an inconvenience.			
A long tiring delivery.	The delivery was long.	I take too long.			

Appendix 2

Examples of Personal Doubts and Personal Quests

Some examples	
Personal Doubt	Personal Quest
Why am I alone?	Why am I connected?
Why am I bad?	Why am I good?
Why am I a burden?	Why am I a contribution?
Why am I an intrusion?	Why am I supposed to be here?
Why don't I belong here?	Why do I belong here?
Why am I an obstruction?	Why am I a catalyst?
Why am I trouble?	Why am I an inspiration?
Why do I take advantage of people?	Why am I caring?
Why can't I?	Why can I?
Why am I a parasite?	Why am I a contribution?
Why do I cause pain?	Why am I a healing presence?
Why am I a stranger?	Why am I a friend?
Why am I evil?	Why am I divine?
Why am I guilty?	Why am I innocent?
Why am I illegitimate?	Why am I legitimate?
Why am I dirty?	Why am I clean?
Why am I a mess?	Why am I all together?
Why am I dead?	Why am I alive?
Why am I toxic?	Why am I the embodiment of health?
Why am I defective?	Why am I whole?
Why am I damaged?	Why am I perfect?
Why am I a freak?	Why am I normal?
Why don't I know?	Why do I know?
Why am I ignorant?	Why am I wise?
Why am I retarded?	Why am I a genius?
Why am I stupid?	Why am I intelligent?
Why am I different?	Why am I normal?
Why am I inferior?	Why am I superior?
Why am I dangerous?	Why am I safe?
Why am I a disappointment as a man/woman?	Why am I a wonderful surprise as a man/woman?
Why am I an embarrassment?	Why am I a delight?
Why am I not enough?	Why am I enough?
Why am I not good enough?	Why am I good enough?
Why am I not good enough as a woman/man?	Why am I good enough as a man/woman?
Why am I a fake?	Why am I genuine?
Why am I a deception?	Why am I real?
Why am I phony?	Why am I authentic?
Why am I a lie?	Why am I the truth?
Why am I helpless?	Why am I capable?
Why am I useless?	Why am I useful?

Personal Doubt	Personal Quest
Why am I not important?	Why am I important?
Why am I not important as a woman/man?	Why am I important as a woman/man?
Why am I not wanted?	Why am I wanted?
Why am I not wanted as a woman/man?	Why am I wanted as a woman/man?
Why am I wrong?	Why am I right?
Why is there something wrong with me?	Why is everything right with me?
Why am I crazy?	Why am I sane?
Why am I ordinary?	Why am I unique?
Why am I mean?	Why am I nice?
Why am I nothing?	Why am I something?
Why am I nothing special?	Why am I something special?
Why am I a problem?	Why am I a solution?
Why am I a piece of shit?	Why am I a wonderful delight?
Why am I too much?	Why am I just right?
Why am I inadequate?	Why am I adequate?
Why am I ugly?	Why am I beautiful?
Why am I unlovable?	Why am I lovable?
Why am I unacceptable?	Why am I acceptable?
Why am I worthless?	Why am I valuable?
Why am I unworthy?	Why am I worthy?
Why can't I make it?	Why can I make it?
Why am I weak?	Why am I strong?
Why am I weird?	Why am I outstanding?
Why am I a mistake?	Why am I the right thing?
Why am I a failure?	Why am I a success?
Why am I powerless?	Why am I powerful?
Why am I a loser?	Why am I a winner?
Why am I ignored?	Why am I cared for?

Glossary

The meaning of the following words and concepts may differ from the way you have previously learned how to use them. The reason I use the following meanings, is that using them in this way, gives you a logical understanding of how to practically apply them in your life and it implies that you are perfect, and your Healing-journey is perfectly set up for you to come back to OWN YOUR SELF.

- ◆ *Awake*: Your state of complete awareness.
- ◆ *Awakening*: Your process of letting go of mis-learning, unawareness, and regaining awareness.
This is sometimes referred to as “evolution”. I refrain from calling it evolution because it implies “becoming” awake, and thus you are not essentially consciousness already. If it was true that you are not “there” yet, where do you come from? See more on Evolution.
- ◆ *Awareness*: You are aware of something – maybe an object and/or Your Self.
- ◆ *Brain* is like a factory that produces things, but it doesn’t have a Will or decision making power. It can only follow orders, so it can’t be who you are.
- ◆ *Breathing Threshold*: The energy level that you normally stay below and the energy level you have to surpass to create change.
- ◆ *Breathing Cycle*: The timing and procedure you go through in a Natural Breathing session.
- ◆ *Consciousness*: The indescribable truth of who you really are. If you are awake you will experience Consciousness as who you really are. This cannot be defined within the physical 3-dimensional world or through time concepts. If you are not aware, you still experience your consciousness as your daily life.
- ◆ *Ego*: Belief in a separate self - myself. The Will under the influence of the unaware limiting thinking mind. The Habitual Self.
- ◆ *Evolution*: You don’t evolve from your Awareness, Consciousness, Natural State and Absolute Truth point of view.

You do evolve from the apparent expression of your Natural State and the Relative Truth point of view.

Like, once you were a baby and now a grown-up, and once you travelled by foot and now by car, are referred to as evolution, but your beingness never evolved.

- ◆ *Goal*: Your transitory desires.
- ◆ *Healing-journey*: The experiences, choices, and practices you go through while awakening Your True Self.
- ◆ *Hyper-ventilation*: Exhaling too much, depleting your body of carbon-dioxide, leaving you with cramp and the body natural stopping your exaggerated exhaling. This has nothing to do with your inhale or oxygen intake. You can never inhale too much oxygen.

- ◆ *Life-Issue*: Your first and main Incomplete Experience.
- ◆ *Life-Lesson*: The main lesson you need to learn – in addition to your awakening. It is the completing of your main Incomplete Experience, so you can live fully in the now.
- ◆ *mind* or *mindness* (lower case): Your unconscious thinking process.
- ◆ *Mind* (upper case): Your Infinite Intelligence and Wisdom aspect of Consciousness.
- ◆ *Natural Breathing*: The way your body breathes, when there are no Inhibiting Incomplete Experiences and no forced mental mis-learning obstructing your breathing mechanism.

During a completion of an Incomplete Experience, Natural Breathing will get stronger as it pulls air and energy in to fill up the vacuum space that the Incomplete Experience had hijacked.

Natural Breathing can be jump-started, by copying it, bringing awesome benefits.

- ◆ *Natural State*: Your original and continuous state, where everything is perfect. Like the sun, it is self-perpetuating, can't be created, can't be sullied, and doesn't need anything.
- ◆ *Optimum Living*: You being Conscious of who you really are, while at the same time experiencing and expressing Consciousness inherent qualities.
- ◆ *Programs*: Your learned repeating thinking, beliefs, and behavior.
- ◆ *Personal Doubt*: Your first and most limiting doubt.
- ◆ *Personal Quest*: The dismantling of your Personal Doubt.
- ◆ *Purpose*: Your natural and spontaneous expression of your Natural State. The meaning of Purpose is sometimes thought of as something you have to do, but, since Purpose is an experience, it must be a feeling, otherwise it would just be a physical phenomenon.
- ◆ *Re-action*: Your learned, pre-conditioned repetitive behavior.
- ◆ *Response*: Your spontaneous natural action.
- ◆ *Sub-consciousness*: Your temporary hiding and hiding place for overwhelming traumas. When sub-consciousness opens up, the trauma is released and the "Awake Consciousness" is recovered. Sub-consciousness cannot be released by understanding something.

Sub-consciousness is often used as the explanation of what makes you have automatic behaviors, such as driving, brushing your teeth or even your heartbeat, but such explanation leaves you with never being able to "Awaken" to who you really are, since there supposedly exist an essential part of you that is always unconscious.

- ◆ *Success Sabotage*: Your unconscious behavior that will decrease a heightened state of success.
- ◆ *Success Tolerance*: The amount of success you can handle without sabotaging yourself.
- ◆ *The 5 Breathing Basics*: The 5 characteristics that needs to be present in a Natural Breathing session.
- ◆ *Thinking Process*: Your Thinking Process can either be your constructive thinking or your spontaneous wisdom.
- ◆ *Will*: Your power to choose.
- ◆ *Unaware*: Your state of not paying attention, being aware or present.
- ◆ *Unconscious*: Your state of not experiencing your life. The state of being unaware. Unconscious is also commonly known as fainting or a coma. Becoming aware of unconsciousness thoughts, brings unconsciousness into consciousness.

Resources

Your awakening continues through more studies and exploration. Practice what you have learned. Accept a deeper understanding and experience, when it presents itself. Get used to witnessing Success and Optimum Living.

There are many sources for you to learn about success, life and the beyond.

True sources make you expand. False sources limit you into “musts” and “cant’s”. Choose wisely.

Most information is only presented as knowledge. Putting learning into practice is where it becomes beneficial to you. The following Sources puts all your learning in to practice.

- ◆ Arne Rantzen – Coaching, Trainings, Tools, Information, and Inspiration.
 - <http://ArneRantzen.com>
 - <https://www.facebook.com/ArneRantzen>
- ◆ Natural Breathing – Tools, Trainings, Information, and Inspiration.
 - <http://NaturalBreathing.com>
 - <https://www.facebook.com/NaturalBreathingCoach>
- ◆ Creative Questions – App, Tools, Information, and Inspiration.
 - <http://CreativeQuestions.com>
 - <https://www.facebook.com/CreativeQuestions>
- ◆ Adhyashanti – YouTube Videos, Books and Seminars.
- ◆ Mooji – YouTube Videos, Books and Retreats.
- ◆ Eckhardt Tolle – YouTube Videos, Books and Workshops.
- ◆ Abraham - Hicks – YouTube Videos, Books and Seminars.
- ◆ Tibetan Teachings –
 - <http://KTGRinpoche.org>
 - <https://www.facebook.com/MarpaFoundation>
 - <https://www.facebook.com/JustDharmaQuotes>



Inspiring. Real. Fun.

From the Himalaya mountains of Tibet to the secret jungles of Costa Rica, and nearly everywhere in between, Swedish-born Arne Rantzen has learned from and taught alongside the great shamans and spiritual masters of our time.

Arne began his Healing Journey in 1970 with addiction. broken and derelict, he found his calling with Tibetan Buddhism and the Alternative Healing modalities, and the power of our innate Life-force.

After over 40 years of being a Breath Coach and Trainer, Arne has trained thousands around the world. He will ignite your innate-wisdom, explode your potential, and help you throttle-up your personal energy, so you can OWN YOUR SELF and be the expert designer of your life.

You Can Take the Struggle Out of Your Healing Journey!

If you are looking for a Healing Journey that will save you from basically being a faulty creation, with in-built problems, dis-ease, pain and failure, and that you have to struggle with, endlessly, to try to correct, so you can *become* perfect, the Owner's Manual is not for you. Since, you have surmised that you are lacking health and success, you look for external things and activities to correct this. Being external, they can never repair *your* personal mis-presumptions and external performances.

If you are looking to recognize that you are actually alive, with a consciousness, body, earth, sky, air, thinking ability, that you have had many problems that self-corrected, and that you have already enjoyed an abundance of nutrition, happiness and health, not thanks to your effort, then, this Owner's Manual will guide you to relax and to let your Life-force resume its support to you.

Be prepared for the SIX CHALLENGES, where most people get stuck!

This Owner's Manual is a Healing Journey Hand-book of how to handle *real-life situations*. It will introduce you to common-sense Universal Laws, and provide exercises, so you can apply them to your own life. These Laws are quite simple and easy to Master, so you will not have an issue learning how to use them. They are already on your side and for your convenience.

The real issue are the Challenges you will encounter, when you CHOOSE-to-CHANGE. You have collected many ideas and habits throughout your life, building up the *momentum* of how you chose to live. But, some of those plans didn't turn out the way you wanted, so you have reverted back to your same-old, same-old familiar limited life, many times.

The Six Challenges are your training ground and opportunity, to end your repetitive unwanted life, and to re-learn and re-program your habits, to be in alignment with your real Unlimited Life.

Natural
Breathing

Natural Breathing and Creative Questions are the two applications you cannot bypass on your Healing Journey, so the Owner's Manual gives them to you here, as a springboard to conquer your Six Challenges.

?
Creative
Questions