

# The Power of Your Natural Breathing



## How to Become A Deliberate Creator

By

**Arne Rantzén**

Published by Natural Breathing

Welcome to the “Power of Your Natural Breathing”.

I am excited to share with you how to use “Your Thinking and Your Breathing” to become a “Deliberate Creator”.

This workbook covers the material covered in the Power of Your Natural Breathing 2-day workshop.

I recommend that you study the wisdom in this workbook. It will provide you with the knowledge of how to be a Deliberate Creator.

To make sure you get an authentic experience of the exercises, I recommend you participate in the actual workshop or be guided by a Natural Breath Coach.

Through this Introductory Natural Breathing workbook, you can expect to get incredible experiences and surprising insights for your personal evolution and success.

For further information about Natural Breathing workshops and for a professional Natural Breathing Coach near you and for an electronic copy of this workbook:

Visit our website: <http://NaturalBreathing.com> and <http://CreativeQuestions.com>

Email: [ARNE@NaturalBreathing.com](mailto:ARNE@NaturalBreathing.com)

First published in 1997.

2024 Edition.

Workbook Price \$19.95

© 1997 Arne Rantzen. Please use the contents of this workbook in appropriate ways, according to your compassion to help yourself and others and with awareness of the law of karma.

# Deliberate Creation

## Get In to the Driver's seat of Your Life!

To become a Deliberate Creator, you have to start with choosing a goal.

### EXERCISE

What I want to get out of this workshop is \_\_\_\_\_

A Goal I have is \_\_\_\_\_

If you 'don't know what you want' or you 'want to let go of the past' or if you are 'waiting for spirit to supply your happiness', your programmed thinking will run a repetition of your past.

If you let your future go to chance and not choose your destination, then you will get pushed to repeat your past Incomplete Experiences.

Only, if you don't have any pending hang-ups, which is most likely not your case, will the Great Spirit bring you New Experiences.

#### **Avoiding choosing your goals makes you:**

- ◆ Hopeless and believe there is no meaning anyway.
- ◆ Lazy and without any passion.
- ◆ Complacent and indifferent, living in a fantasy world, such as too much TV.
- ◆ Someone who preoccupies themselves with stuff.
- ◆ Irresponsible and a complainer.

#### **Ways to avoid choosing your life experiences.**

If you believe that your life happens by chance, then you can't choose, but are the victim of external circumstances, leaving you with no possibility to evolve, achieve your dreams or create a Meaningful Life. This makes you end up feeling "powerless". *This is a depressing attitude, whether it is true or not.*

You may believe that it is more thrilling to be ruled by surprises.

You may believe you will have a better experience if you don't Deliberately choose it.

You may constantly change your goal because you don't want to get too involved.

You may resist choosing your goal because you know it will cause you to lose or change what you have now. Remember that evolution is better than stagnation.

You might resist choosing your goal because you believe you will be stuck with them. Remember you can always re-choose, like you can always leave a place that you have arrived to.

You may resist choosing your goal because you think it will take too much work.

Not choosing your goal or believing that you don't have the power to change, is the same as not deciding what you want to create. Then you are a back-seat driver and may find yourself in the parked confinement of indecision, drive around in circles, on tumultuous streets or have a nice trip.

**When you choose a goal  
you become a Deliberate Creator.**

**It is possible to choose your life experiences**, even though most people don't Deliberately choose or even want to choose or don't understand how to choose.

**Having a goal invokes your passion.**

It is important to choose your goal because that invokes your passion for life NOW, making you feel energized Now by your goal.

When you choose what you want, you will notice yourself engaging in creating it.

Choosing what you want to create makes you eager to get going with creating it.

Your excitement is experienced now, whether you actually achieve your goal or not.

The bigger your goal the more excited you feel. Choose to shoot for the most exciting life you can imagine.

**Choosing your goal brings you to your path of success.**

When you choose your goal you will:

- ◆ Celebrate having achieved it or
- ◆ Learn to change what stands in the way of creating your success and thus have a successful personal transformation.

Your success comes from trying to reach your goal, which eventually gets you to your goal, because you keep reaching for it until you actually achieve it.

The only way to fail is to give up and stop reaching for your goal.

---

---

**PRACTICE  
Showing Up**

My name is \_\_\_\_\_

Something I like to share about myself \_\_\_\_\_

The experience I have with breathwork is \_\_\_\_\_

A goal I have is \_\_\_\_\_

---

---

**Don't get attached to arriving at your goal.  
Enjoy engaging in the creative phase of your journey.**

# The Art of Engaging

**To Engage Means to Experience Another  
and Letting Another Experience You.**

Engaging is not a learning, understanding or an evaluation. You evolve when you get involved, while you stagnate when you hesitate, become an observer or wait to engage, to see if things turn out good first.

## **The dis-advantages of being dis-connected.**

- ◆ If you are observing, you are mentally analyzing and dis-connected.
- ◆ If you are tight you are physically withering away.
- ◆ If you sub-ventilate your passion is suppressed.
- ◆ If you are unaware your Life-Force is ignored.

## **The advantages of engaging**

- ◆ You get Mentally stimulated and connected.
- ◆ You get Physically healthy.
- ◆ You get passionately involved.
- ◆ You get present and alive.

## **Giving acknowledgements is a great way to engage.**

- ◆ If you feel hesitant when you meet new people, remember how magnificent they are by nature and find something to acknowledge them for.
- ◆ Be aware that you know a lot about people very quickly. Most communication is nonverbal, through Body Language; telepathy; etc.
- ◆ A stranger is someone you feel strange with. The more comfortable you get with yourself, the less others feel like strangers.

## **Let acknowledgments sink in**

- ◆ It is important to receive acknowledgments, because it raises your feeling of self-esteem and the giver's feeling of generosity.
- ◆ When you receive acknowledgments take a breath and say "Thanks!"

---

---

### **EXERCISE**

#### **Experience resisting and accepting acknowledgments.**

Sit facing another person.

One person says: "Something I acknowledge you for is \_\_\_\_\_"

The other person resists the communication.

The first person says again: "Something I acknowledge you for is \_\_\_\_\_"

The other person accepts the communication.

---

---

#### **There is a difference between arrogance and self-esteem:**

Arrogance includes "better than".

Self-esteem is connecting with and letting your Source flow through you.

---

---

### **EXERCISE**

#### **Acknowledge yourself.**

My name is \_\_\_\_\_

Something I acknowledge myself for is \_\_\_\_\_

---

---

# The Two Tools

**Natural Breathing uses 2 readily accessible tools to create what you want – your goals:**

**- Your BREATHING and Your THINKING -**

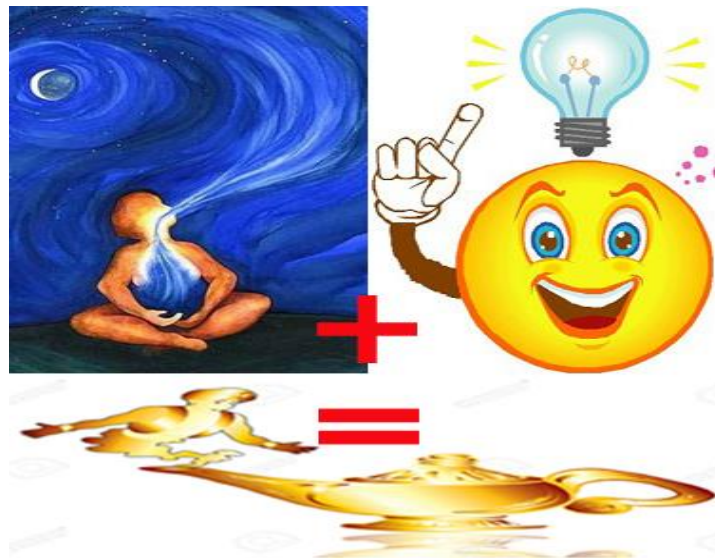
If you do Natural Breathing, without Deliberately choosing what is going on with your thinking process, you can have a strong Natural Breathing session experience and a temporary improvement, but then your habitual thinking programming returns you to your old life.

To have a permanent change you need to include both these pillars - Natural Breathing and Deliberate Creation. That is what Natural Breathing stands for.

### **To create what you want:**

- You can choose to have more Source Energy flow through you, which will uproot any blocks and boost your power through Natural Breathing.
- You can direct this power to do what you want, by focusing your thinking on what you want to create.

(Note: Focusing on getting rid of something undesired, unfortunately creates more of the undesired, because what you engage with is what you are engaged with.)



# The 1<sup>st</sup> Tool - Natural Breathing

## **Natural Breathing is the 1st Tool to boost your goal!**

- Natural Breathing is the way you access your Source Energy.
- Natural Breathing is your Energizer.
- Natural Breathing increases your Power to create.

**Natural Breathing Is The Breathing That Happens When You Breathe The Way Your Body Is Made To Breathe.**

## **Natural Breathing is the breathing that happens naturally:**

- When you stop sub-ventilating.
- When you let go of controlling your breathing.

YOUR BREATHING CHANGES to Natural Breathing WHEN YOU LET GO of controlling it: such as when you yawn, have emotions, laugh, jog, fall asleep, etc.

It stands to reason that these changes in the way you breathe indicates what your breathing really wants to do, when it is free.

Unfortunately, you don't breathe like this all the time, because you have mis-learned how you are supposed to breathe and now sub-ventilate.

## **How you have learned to sub-ventilate:**

- You took our first breath during the commonly panicky and painful delivery circumstances, which left you avoiding this traumatic memory of breathing.
- You have been mis-educated of how to breathe.
- You resist a present time experience.
- You can get traumatized and "get the breath knocked out of you".

## **What happens when your Natural Breathing is inhibited?**

When you sub-ventilate – not breathe as much as you are supposed to – you impair your health and your success.

Re-learning how to breathe naturally will free you from impairing sub-conscious memories and re-connect you with your Source Energy.

## **Why don't you heal sub-ventilation automatically?**

- Because you are protecting a sub-conscious Incomplete Experience.
- You are trying to keep what is familiar.
- Because you are avoiding feeling emotions.

## **Sub-ventilating is a protection – It is your BREATHING CONTROL SYSTEM:**

This Control System is the body's attempt to homeostasis - the way to make sure you stay the same, because (the Breathing Control System reasons) this sameness is keeping you alive and any change 'could' endanger your life.

But, in fact, this Breathing Control System is slowly killing you, because it leaves you with a minimum of oxygen / Life-force, which is a growing ground for many dis-eases and it also leaves you tired, lazy and a lack of passion.

### **The way the BREATHING CONTROL SYSTEM Works**

The job of the Breathing Control System is to make sure that the amount of Source Energy – Life-force you add through inhaling and awareness will always be completely used up during the exhale, so you don't retain any surplus energy.

The Breathing Control System monitors:

- How much energy you "use up" (by physical and mental movement) and then "ALLOWS" you to take in an equal amount, through awareness and breathing.
- How much energy you "take in" (through breathing and awareness) and then 'FORCES' you to "use up" an equal amount, through movement and thinking.

When you relax, like meditating or getting relaxing bodywork, your breathing slows down. If you exert yourself, like jogging or thinking a lot, your breathing speeds up.

**The Breathing Control System  
Makes sure you don't Retain, but Use Up, all surplus energy.**

**Once you realize the benefits of BREAKING the Breathing Control System,** you will work on RETAINING more energy than you use up. That is what is happening with some meditation systems. It is also what happens when you do Natural Breathing.

If you break the Breathing Control System, you will retain more energy than you use up, and end up with an EXCESS of energy and that energy must go somewhere.

This retained excess energy will go to blocked and stagnant places in your body and your mind and enliven those areas. It will go to and remove blocks in your "energy body" and uproot any sub-conscious blocks – leaving you healthier and more alive.

**Your job is to BREAK the Breathing Control System and RETAIN more "Source Energy".**

There are 2 ways to do that:

- You take in more Source Energy, by being more aware and breathing more than you are inclined to.
- You use up less energy by moving and thinking less than you are inclined to.

**As a Deliberate Creator  
Your Job is to BREAK the Breathing Control System.**



**Letting go of sub-ventilating improves your whole life!**

Natural Breathing is essential to a vibrant life and to live life to your full potential.

The metaphor of how you drive your car is similar to how you breathe. Good driving skills are necessary to have a safe, comfortable and exciting journey and to keep your car functioning well, like breathing freely is necessary to be healthy and enjoy your goals.

If your car needs frequent brake repairs and consumes a lot of fuel, you take it to your car mechanic to be fixed, like you seek the help of your health practitioner when you don't feel good. Once your car is fixed you continue driving your car until you find that another repair is due. After your car brakes have been replaced several times your car mechanic informs you that it is unusual that they need replacement so often. During test drives the car seems to be working well, 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 makes the fuel consumption be high and it quickly wear down the brakes. When you let it go, your car consumes less gas and needs less repairs, and it is much more fun and pleasant to drive.

In the same way, when you let go of sub-ventilating and holding your breath, you increase your Life-force, improve your health and your life becomes more pleasant, as well as and quickly manifest your projects.

Natural Breathing teaches you how to let go of the emergency brake on your breathing. When you stop sub-ventilating and breathe fully your life will take off.

**Your job is to surrender to your Life-force and refrain from holding back and controlling!**

---

---

**EXCERCISE**

**How I have learned to breathe vs. How I am supposed to breathe.**

What I have learned about how to breathe (drive) is \_\_\_\_\_

\_\_\_\_\_

A more natural way I can breathe (let go of my emergency break) is \_\_\_\_\_

\_\_\_\_\_

---

---

# The 2<sup>nd</sup> Tool - The Art of Thinking

## **Choosing the thoughts you want to be Thinking is the 2nd Tool.**

You have thoughts running in your mind all the time. When the thoughts show up you usually react according to their content.

You tend to be so overrun by thoughts that you forget that you are not your thoughts. Your thoughts are separate from who you really are. You do exist even when you don't think.

Most people believe and act as if they and their thoughts are the same thing. They don't remember that they can actually observe their thoughts, which means that they are something other than their thoughts.

---

### **CONTEMPLATION**

#### **Consciousness with and without thoughts.**

Observe your consciousness.  
Sometimes thoughts appear.  
Sometimes there are no thoughts.

Is there a space between one thought and the next?

*Reflect on if you can have an experience, even when you don't have thoughts.*

---

**You can choose what thoughts your mind thinks.**

What you think about becomes the filter for Source Energy to appear as your life, exactly as your thought is describing it.

***What You Are Thinking about is what you are Experiencing  
And Creating more of.***

***Choose what thoughts you hold on to wisely.***

Don't expect to experience something other than what you are thinking about. "Getting rid of" or "Fighting against" will not bring you success and peace.

If you let your thoughts go rampant, your life will be repetitious. Choosing your thinking is the way you can Deliberately Choose what you get.

You can decide what thoughts you want to keep thinking and which ones to replace.

---

### **EXERCISE**

#### **The Effects of Thinking**

Contemplate how you feel when you consider:

How do I feel when I think "I am tired."?

How do I feel when I think "I am excited."?

*Reflect on how the quality of your thoughts affects how you feel.*

---

# Why Is Natural Breathing Important?

Dead people don't breathe. The more you breathe the more alive you are, with more health, passion, abundance.

## The Purpose of Natural Breathing is to Awaken Your Passionate Aliveness!

**The purpose of Natural Breathing is to:**

- ◆ Uncover, highlight, and release blocks to your goals.
- ◆ Boost your creative Source Energy.
- ◆ Get more Life-Force, oxygen, and energy, with all its health, joy and success.

**Breathing is the only system in the body** that you can either leave on automatic or choose to control.

**Breathing is the bridge** between the physical and the non-physical (also referred to as "spirit").

**When you choose to breathe more**, you get a learning experience of how your spirit moves in your body.

**The Power of Your Natural Breathing** is exceptional and experiential.



- ◆ Natural Breathing is an easy and fast way to FUEL your cells with nutrition and oxygen.
- ◆ Natural Breathing boosts your Source Energy, Spirit, aliveness and passion.

- ◆ 70% of your toxins leave your body through your breathing, purifying and DETOXIFYING it.
- ◆ Natural Breathing clears out obstructing beliefs.



The “Natural Breathing” we have been talking about includes 5 characteristics referred to as “**The 5 Breathing Basics**”.

Usually, one or more of these 5 Breathing Basics are deterred by the Breathing Control System.

Effective Natural Breathing INCLUDES ALL these 5 characteristics at the same time. Normally, when you let go into Natural Breathing, you miss 1 or more of these 5 Breathing Basics. When you do all these 5 characteristics together you’ll RETAIN more Life-force in your body, than you use up. This will uproot any disabling holding and raise your Success Tolerance on every level.

Natural Breathing starts off using the 5 Breathing Basics as a ‘jumpstart’ that leads to naturally manifesting them, like using the starter to get your engine going.

*\*Caution – Do not do these 5 Breathing Basics on your own without first having been guided personally by a Natural Breathing Coach or Trainer.*

### **The 1<sup>st</sup> Breathing Basic – BE AWARE**

Awareness means to have a sensation or experience of “being” here and now.

Sleeping often includes 4 of the 5 Breathing Basics, but because you are missing Awareness, you are not retaining more energy and thus not improving your life or making you a Deliberate Creator.

There is a difference between awareness and sense-perception. Your sense-perceptions of seeing, hearing, touching etc. are what are normally thought of as experiencing your life, but like some machines have a monitoring capability without involving an actual experience, most of us live our lives without actually experiencing it. Sense-perception is an uninvolved observation unlike your personal experience that appears when you choose to be aware. When you choose to add awareness to your seeing, hearing, touching etc. you will notice is a difference in the quality of the experience.

Sense-perception is the hearing, seeing, etc. Awareness is the experience of hearing, seeing, etc.

---

---

## **CONTEMPLATION**

### **Be Aware**

Be aware of your full experience.

Notice what you perceive, such as your external world or your own body.

Choose to experience what you have observed.

Observe if there is a difference between hearing and experiencing hearing, and seeing and experiencing seeing.

Observe if you perceive a difference between noticing your body and actually experiencing it.

*Notice* your breathing.

*Experience* your breathing.

*Reflect* on the difference between observing and experiencing.

---

---

## The 2<sup>nd</sup> Breathing Basic – BREATHE IN TO YOUR CHEST

- Your lungs are what you breathe with, and they are located in your chest.

That could be an indication that you are supposed to breathe into your chest. Technically you can't get air into other parts of your body without first letting the air in through your lungs first.

- Your ribcage is built to change size as evidenced by the chest being constructed by ribs and space between the ribs and not like an armored shield. When your lungs inflate and deflate your ribcage are built to move.

When you yawn or sigh, fall asleep, laugh, are emotional or jog, you will notice that your chest is expanding and collapsing with the breathing. You cannot laugh in your belly, you can't breathe in your belly when you jog and you won't have an emotion without your chest moving.

It appears to feel "comfortable" to fold your arms over your chest, which unconsciously makes it hard to breathe in to your chest, but if you examine what really is happening, you'll find that what you call "comfortable" is actually a numbing of a feeling and being alive.

If you have not been engaging your chest during your breathing, it might initially be tight and inflexible. Then you need a bit of perseverance for your ribcage to become flexible again. Like, if your body is out of shape, it will take a bit of exercise to get your muscles in shape.

This is such a big topic that there are now many theories of why you should not breathe in to your chest. Like: You should breathe with the diaphragm – if so, why do you have muscles between the ribs and why do you naturally breathe in to the chest when you let go and don't control your breathing?

These theories and systems are set up to accomplish their specific goals, which is different to what you are trying to accomplish with Natural Breathing, which is to get the mind out of the way and allow a natural process to take place.

Yes, while singing, we have learned that we can be more efficient with the airflow when we use the diaphragm and of course we don't want to get too emotional when our goal is to sing.

---

---

### EXERCISE

#### Breathe into your Chest

Make yourself yawn.

Have a laugh.

Get emotional.

Breathe like you would do if you were jogging.

*Notice* if your ribcage expands and collapses during your breathing.

*Check* your chest expansion and deflation capacity.

---

---

### **The 3<sup>rd</sup> Breathing Basic – BREATHE FULLY**

Your lungs are the largest organs in your body, and you have two of them. They can grant a substantial amount of air influx and expand a lot when you take a deep breath. Why can they do that if you weren't supposed to use them fully?

Your "normal" breathing quality is set so low that you don't retain any energy and thus you barely survive on your sub-ventilation.

*When you yawn, laugh, have an emotion and jog, you are naturally breathing more than usual, which is an indication that when you stop controlling your inhale, your Natural Breathing shows you what is its preferred inhale capacity.*

### **Mouth Breathing**

Since your mouth is a larger orifice than your nostrils, it is easier to breathe through your mouth. Mouth breathing also provides for a larger amount of air exchange than breathing through your nose.

Mouth breathing is your Natural Breathing when you yawn, laugh, have an emotion and jog.

There are theories that promotes calming and holding the breath and nose breathing, yet that must be mind-made since you can't survive without breathing and mouth breathing happens every time you yawn, laugh and have an emotion.

Again, these theories and systems are set up to accomplish their specific goals, which is different to what we are trying to accomplish with Natural Breathing.

Because of the low breathing set point, to practice Natural Breathing you need to **INHALE MORE THAN YOU ARE INCLINED TO.**

You know how much you can and should inhale by observing how much you inhale during a good yawn.

---

### **EXERCISE**

#### **Check your potential lung capacity.**

Give yourself a good yawn.

Check your lung capacity.

*Notice* if the air was inhaled through your nose or mouth.

*Notice* if the air intake made your ribcage expand more than usual.

*Notice* if your lungs filled up more than your "normal breathing".

---

## **The 4<sup>th</sup> Breathing Basic – BREATHE CONTINUOUSLY**

Breathing Continuously means that you connect your inhale and exhale in a continuous manner, without leaving any gaps in between when you transit from inhale to exhale and from exhale to inhale.

Conscious Connected Breathing happens naturally when you fall asleep and when you are jogging.

You have mis-learned from movies, etc. that when someone breathes continuously they are distressed and so you have taken on the mis-belief that there is something wrong with you if you breathe like that and you should avoid such breathing.

There are also theories that it is good to switch from mouth to nose breathing or from one nostril to the other or to breathe a certain number of breaths and then hold your breath, while you count to a certain number. Those systems have their own goals and purpose but is not what we intend with Natural Breathing.

A PASSIONATE CONTINUOUS RHYTHM happens when you are excited or when you exert yourself, like when you jog.

A GOOD TEMPO happens when you are eager and excited.

**A Passionate Continuous Rhythm – Tempo  
Gives You the increased Source Energy  
that can release your Incomplete Experiences.**

---

---

### **EXERCISE**

#### **Breathe Continuously**

Let your inhale and exhale follow each other.

Breathe continuously without any gaps.

Breathe with a Passionate Rhythm.

Breathe with a Good Tempo.

*Check how you breathe with a Good Tempo Passionate Rhythm.*

---

---



**“Surrender” means to not use up the Source Energy that you have taken in through Breathing More.**

### **The 5<sup>th</sup> Breathing Basic – SURRENDER**

Surrender means to not use up the Life-force that you breathe in, so that you increase and retain more Life-force than you usually have. This will open you up to more health, happiness and success.

The ways you use up Source Energy are through:

- Holding or pushing your Exhale.
- Physically tensing up or moving your body.
- Mental activity, like worrying about if you are breathing right.

Surrender to your Breath and Life-Force:

- Surrender your exhale – *Don't push the exhale out or hold on the exhale.*  
The inhale and the exhale include the same volume and take the same amount time.
- Relax your body - If you *move or tense up your physical body you will use up the energy* that can change your life.  
Don't make any sound when you do Natural Breathing.  
Don't move your lips or jaw when you do Natural Breathing.  
Don't lick your lips when you do Natural Breathing.
- Relax your mind - Any constructive thinking (like shopping list) or imaging (visualizing or meditating) or daydreaming (like thinking of what happened or will happen) or even thinking “Relax” or recite a Mantra, will use up energy. Don't have any pre-conceived ideas about what you should be doing in a Natural Breathing session.

### **The Five Breathing Basics**

1. **Be Aware**
2. **Breathe With Your Chest**
3. **Breathe Fully**
4. **Breathe Continuously**
5. **Surrender**

**Natural Breathing can be done as a quick refresher or used for total transformation:**

- ◆ You can take “Natural Breathing Snacks”, which is doing Natural Breathing for no more than a minute. If you get Tingling, you stop. This refreshes and rejuvenates you.
- ◆ You can also do a full Natural Breathing session, which takes around two hours. This opens up blocked areas and increases your success territory.

*\*Caution – Do not do a full Natural Breathing session on your own, without first having been guided personally by a Natural Breathing Coach or Trainer.*



# Your Success Journey

**To succeed on your Success Journey  
you have to EXPECT New Experiences  
and ACCEPT all your sensations.**

Quality Natural Breathing immediately invokes new heightened experiences. With your mis-learning you have labeled these experiences as uncomfortable and since you think they are caused by too much breathing, you have mis-learned that it is better to breathe less than full.

## **Reaching a new goal requires that you will have a new experience.**

When you choose a new goal you need to **expect a change** to take place for your new goal to be able to manifest.

The tendency is to want a new result without any change or to retreat back when your change starts to show up.

## **New experiences are mis-understood and mis-labelled.**

When you change you will experience a heightened sensation. This experience is often mis-understood and labeled cold or hot, fear, discomfort and even danger.

Because you have learned that this experience is bad, you will try to get rid of it.

Other people label this same sensation as excitement, health and passion.

Without labeling, all experiences are heightened vibrations of your Life-force and who you are supposed to be.

You will encounter new experiences on your way to create your goal. If you label your new experience as unwanted, you will avoid it and retreat back to what you are familiar with, telling yourself that the new experience does not take you towards your goal.

After a while you pick up your courage and move towards your goal again, and ***your predictable experience shows up again*** and once again you tend to retreat back.

To reach your goal you need to stop avoiding certain experiences and instead embrace them.

As long as you ACCEPT all your experiences you integrate them and continue towards accomplishing your goal.

**What You Resist Needs To Be Accepted for Change to Appear.**

## **Changing your tendencies**

When you choose to change you ***intend to respond differently*** to the way you usually respond.

Since you have learned to dis-like certain experiences, ***you have to go against what normally feels right and engage with what initially feels wrong*** to accept new territory and change.

Like the car metaphor, on your Success Journey you let go of your emergency brake and speed up to a heightened cruising experience. You start to travel to new destinations. Then you remember that you have had this kind of driving 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 automatically try to get rid of it again. You may either stop the car altogether and not use it anymore or you may reach for the emergency brake again to stop feeling so elevated and having such a smooth drive to get back to your usual way of living. You have to resist using your emergency brake. Over time you get used to and can accept and enjoy your new thrilling driving experience.

### **Getting ready for your Success Journey experience**

If you can identify what your habitual programmed usual dis-liked experience is ***then you will be prepared*** when you start to feel that new sensation and can easily remember to accept it.

You know you have the tendency to think of change as something that doesn't feel good. Then comes the tendency to try 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 recognize that it is your exhilarated life.

**The sensation you don't like is the necessary ingredient  
that you need include to achieve your goal.**

---

---

### **EXERCISE**

#### **What I need to Expect and Accept on my Success Journey**

A past goal that I didn't accomplish was \_\_\_\_\_

The reason I didn't accomplish this goal was \_\_\_\_\_

The way I usually sabotage my success is \_\_\_\_\_

The change I want as a result of this workshop is \_\_\_\_\_

My progress towards this change so far is \_\_\_\_\_

#### **What I can expect to experience as a part of my Success Journey is** (What I

want to get rid of; What I am attached to) \_\_\_\_\_

The way I usually respond to this experience is \_\_\_\_\_

The way I now want to deal with my Success Journey is \_\_\_\_\_

*Reflect* on how you have stopped yourself in the past.

*Reflect* on what you need to do to accomplish your change.

# Your Goals Program

Your Goals Program is the way that you have learned to manifest your goals.

You create your goals according to your Goals Programming of a beginning, middle and an end.

You adopted your Goals Program when you went through your first goal – birth.

If your Goals Program is to start off quickly and then feel stuck you tend to get excited about buying that new car, but you get stuck on that loan application or you are excited about moving, but then is unable to deal with leaving.

## **The Goals Program makes your life repetitious and predictable.**

Your Goals Program will repeat itself and manifest in the future as in the past.

You can predict how you will reach your future goals by becoming aware of how you have reached your goals in the past, unless you change your programming.

The way you accomplish your goals are repeated in all aspects of your life, whether they are to get a new thing, job, relationship, money or success.

Is your Goals Program easy or difficult? Have your goals been hindered or supported? Did your goals get lost in distractions or accomplished with a focus?

Here are some examples:

- If you like planning that vacation, but it ends up being a struggle, you were ready to get born, but coming down the birth canal was not that easy.
- If you are a “helper”, but ends up unappreciated, you intended to help your parents, but didn’t succeed.
- If you like teamwork, you were embraced throughout your pregnancy.
- If you are a loner, your mother didn’t enjoy her pregnancy.
- If you like to start projects, but when they start to take shape you don’t like them anymore, you were happy in the womb, until you started to show.
- If you tend to get pulled in to ongoing projects, you were induced.
- If your circumstances have forced you to participate in projects, you were a forceps baby.
- If you are late entering projects, you were a late birth.

## **Deciphering your current Goals Program**

You identify your Goals Program by either recognizing how you were originally programmed or noticing how you currently accomplish your goals.

***When what you know about how you were programmed and how you act it out now match, you have identified your Goals Program.***

Once you have identified your Goals Program, you can choose if this is the way you Deliberately want to create your next goal or if you want to change your breathing and your thinking.

Realizing that your programming is something you have learned, frees you to choose to keep your programming or re-program it and the events of your future.

In order to change your repetition, you need to change your usual inclination to behave in a certain way and take on a new thinking, behavior and breathing.

---

---

**EXERCISE**

**My Goals Program**

*Keep a pen in your hand as you relax and choose Natural Breathing.  
Respond briefly and spontaneously to the following questions.*

A vision I had for my education (what, when and how) was \_\_\_\_\_

\_\_\_\_\_

The way my education ended up is \_\_\_\_\_

\_\_\_\_\_

A vision I had about getting my driver's license (when and how) was \_\_\_\_\_

\_\_\_\_\_

The way getting my driver's license progressed is \_\_\_\_\_

\_\_\_\_\_

A goal I had for work (what, when and how) was \_\_\_\_\_

\_\_\_\_\_

The way my work-goal progressed is \_\_\_\_\_

\_\_\_\_\_

A goal I had with a hobby (what, when and how) was \_\_\_\_\_

\_\_\_\_\_

The way my desired hobby progressed is \_\_\_\_\_

\_\_\_\_\_

A vision I had about relationships was \_\_\_\_\_

\_\_\_\_\_

The way my relationships have progressed is \_\_\_\_\_

\_\_\_\_\_

A plan I had about money was \_\_\_\_\_

\_\_\_\_\_

The way my money-plan have progressed is \_\_\_\_\_

\_\_\_\_\_

My old Goals Program is \_\_\_\_\_

My new goal is \_\_\_\_\_

The way my old Goals Program will deal with my new goal is \_\_\_\_\_

\_\_\_\_\_

**My new Goals Program is** \_\_\_\_\_

\_\_\_\_\_

The way my new Goals Program will support my new goal is \_\_\_\_\_

\_\_\_\_\_

# Natural Breathing Session

If you know what you can expect to experience during your Natural Breathing session, it will be easier for you to accept it, because when that experience shows up you will know that it is safe.

Natural Breathing sessions intend to Add and RETAIN more Life-force than you usually have.

Natural Breathing is always safe, even though it is very powerful. “Nobody has died from breathing”.

The Natural Breathing session works every time, if you do the 5 Breathing Basics.

## Common Natural Breathing Session experiences

- ◆ Don't be surprised when you feel more – Celebrate change.
- ◆ Experiences
  - Physical experiences
    - Dry lips or throat or feeling dizzy, light-headed, or nauseous is the Breathing Control System trying to impair your Natural Breathing. These will be gone in 10 seconds if you continue Natural Breathing.
    - TINGLING means that you experience a heightened vibration of your cells, a prickling energizing feeling, similar to the mis-label, that your foot is falling asleep. The more tingling the more effective session. The best is to have a full body tingling, but tingling in certain parts of your body, like hands and feet is a good start.
    - TETANY means that you briefly lose control over your hands, arms and lips and they become tight. If this happens, this is not only safe, but an incredible experience and sign of a large amount of retained Source Energy, that now can do its healing work.
    - Hyperventilation means to breathe too much. You cannot inhale too much oxygen and spirit, but you can exhale too much CO<sub>2</sub>, in which case your body will naturally make you stop forcing your exhale.
  - Emotional experiences – Don't act them out, as that will use up energy.
  - Visions
  - Memories
  - Realizations

## Effective ways to deal with your Natural Breathing session experiences.

A Natural Breathing session is not like hypnosis or that you go somewhere else. You are very present and aware. You can talk to your supporter and your supporter will talk to you.

Breathe! - Think it is Interesting! - Let Go! - SURRENDER to what shows up! - Enjoy your experience!

Like driving down the highway you progress much easier if you don't get too involved with the billboards on the side, but focus back on your driving and the new exciting scenery.

**Trust Your Experiences.  
Think “They are INTERESTING”.**

**The preparation for a Natural Breathing session**

- ◆ Always go to the bathroom just before because, even though you can go to the bathroom in the middle of the session, that would be very uncomfortable.
- ◆ Prepare a comfortable place to lie down, with some free space around you, in case your arms need it.
- ◆ No pillow under the neck or the knees.
- ◆ Position your arms, legs and neck relaxed and comfortably. Don't cross your arms or legs or put them far apart.
- ◆ Some people like to be covered with a blanket and others not.
- ◆ The breathing session will take between 1-2 hours.

---

**EXERCISE**

**The Natural Breathing session**

Breather identifies their goal \_\_\_\_\_

Breather prepares themselves, with bathroom break and finding a comfortable place and position.

Breather is guided and supported by the Coach / Trainer.

Breather focuses on doing the Five Breathing Basics.

Breather surrenders to their Healing Journey.

*Reflect* on how the Natural Breathing session went.

*Notice* how your Natural Breathing has affected you.

---

# Your breathing mirrors how you are manifesting your goal

The process of manifesting your goal is a reflection of how you breathe.

If your goal is not manifest, you can adjust your breathing to reach your goal.

**Each aspect of your breathing mirrors  
an aspect of how you live and how you manifest your goals.**

For example:

- If you have slow inhale, you are hesitant. This prolongs the time it takes to activate your goals.
- If you inhale less than your full capacity you are not reaching for your goal, live sparsely and don't engage too much.
- If you have too strong exhale you push your goals away.
- If you exhale too slow you are holding on to your current situation and are not letting go of old opposing goals.
- If you leave a gap between your inhale and exhale, you don't trust that your goal will show, and you have to control the process. If you leave a gap between your exhale and your inhale, you are not committed to your goal.
- If you are unaware of your breathing you are unaware of the Goal.
- If you do Belly breathing, you are not emotionally and physically engaged in getting your goal.

***If you change how you breathe, you change your Goals Program..***

---

## EXERCISE

**Your Natural Breathing shows your relationship with your goal.**

Identify how you are breathing according to the Five Breathing Basics \_\_\_\_\_

\_\_\_\_\_

Identify where you are at with your goal \_\_\_\_\_

\_\_\_\_\_

Compare your Natural Breathing with where you are at with your goal

\_\_\_\_\_

Identify how you can change your Natural Breathing to achieve your goal

\_\_\_\_\_

*Discuss* how your breathing reflects how close you are to your goal.

*Practice* the Natural Breathing that manifests your goal most effectively.

---

# How to Choose Your Goal

## How to effectively choose your goals

Be specific about what you want. You need to be specific to be able to measure your success. Generalizations may get you results that you don't really want. The more specific you are, the more you get exactly what you ask for.

It is easy to fall in to the trap that it is your doing that creates, instead of your molding your Thinking Process. When you focus on fine-tuning your Thinking Process, you will naturally and effortlessly do any action necessary.

Do not worry about the "how" or the "from where" you will achieve your goal.

Don't struggle towards your goal. When you have decided where you want to go you don't need to check how the driving is going, like "Are we there yet?", controlling and struggling. Just enjoy the ride.

Set goals from an attitude of gratitude. This implies that you already have it.

Clarifying your reason for your goal energizes it with emotions, making it easier and quicker to manifest.

## The steps to creating your desired results.

Firstly, when you want to drive somewhere you first need to decide where you want to go. If you don't choose a destination you can't get there.

Secondly, you have to identify your position in relationship to your goal. If you don't know where you are in relationship to your goal, you won't be able to identify what is needed for you to move further towards your goal.

Thirdly, you have to drive towards your goal.

Finally, you will arrive at your destination and can enjoy your results.

---

---

## EXERCISE

### My next exciting goal

Something I want to change is \_\_\_\_\_

Something I want to get rid of is \_\_\_\_\_

Something I want to accomplish is \_\_\_\_\_

What I specifically want is \_\_\_\_\_

The reason I want (my desired result) \_\_\_\_\_ is \_\_\_\_\_

*Notice* if you really want this goal.

*Notice* if you believe this goal is possible or right for you.

---

---



# Intention

**Knowing your Intention is imperative,  
because your intention Drives You!**

**You always have an intention** regarding everything that you do, whether you are aware of your intention or not. Even if you think you have no intention, that is also an intention.

Your intention is your Real Belief System. Not your wish or goal, but **what you BELIEVE is right and possible.**

**Some Natural Intentions are:**

- ◆ A GOOD LIFE, where you are Healthy, Happy and Successful.
- ◆ A CONSCIOUS LIFE, where you Know Your Self, Are Conscious About How Creation Works and Live On Purpose.
- ◆ A MEANINGFUL LIFE, where you Evolve and Are A Contribution.
- ◆ Since you are here, experiencing being alive, you automatically have the intention to not have suffering.

Your Intention is Your STEERING WHEEL to where you are going.

Become aware of what you believe is possible and right about having your goal.

If notice that your intention / belief is not in alignment with what you want, you can change your intention / belief by changing your context.

---

---

## EXERCISE

### My True Intention

A GOAL I have is \_\_\_\_\_

What I BELIEVE about the possibility of achieving my goal is \_\_\_\_\_

The belief I need to adjust to achieve my goal is \_\_\_\_\_

My NEW BELIEF that will enable my goal is \_\_\_\_\_

*Reflect* on how the quality of your belief affect your goal.

---

---

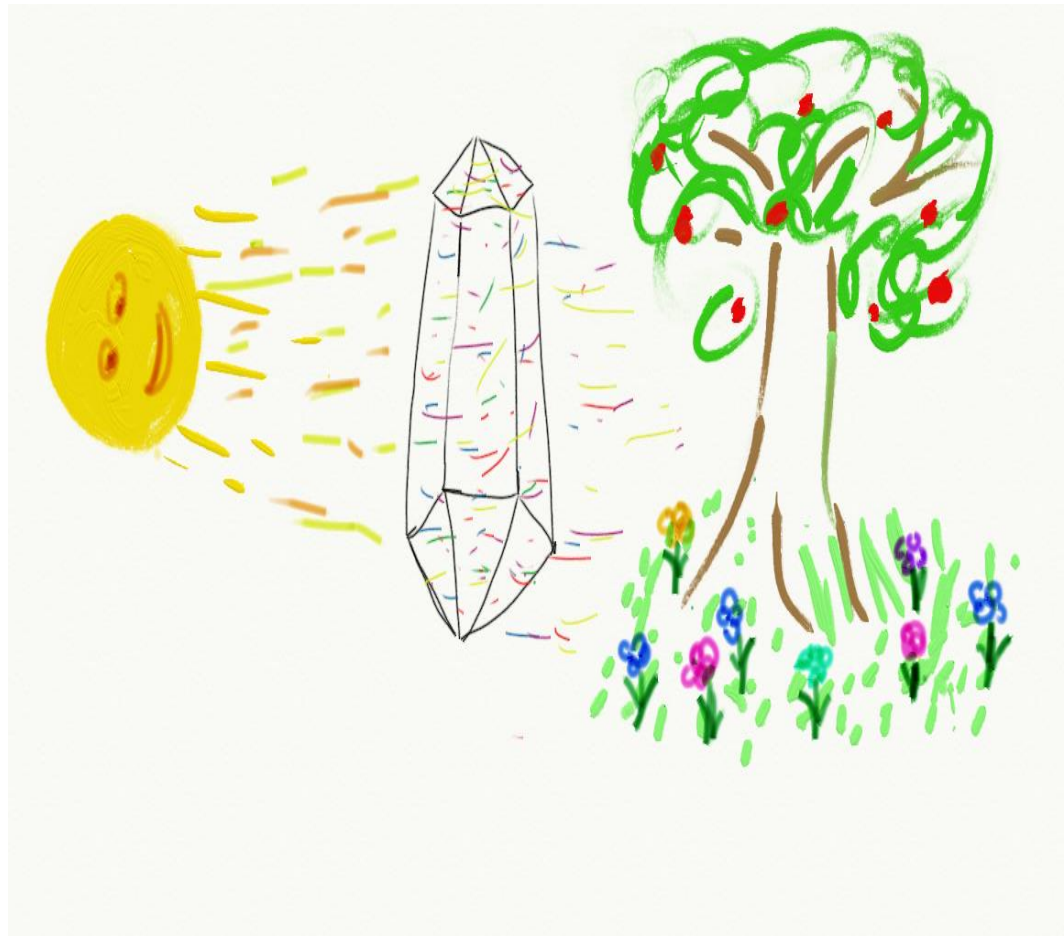
# The Manifestation Process

Deliberate Creation is to Deliberately choose what you will experience.

## There are 3 steps to the Manifestation Process

- ◆ The 1<sup>st</sup> step is your **Natural State**. It is your Life-Force. It is the Source Energy that fuels manifestations. It needs nothing other than itself to Be. This can be intensified through Natural Breathing.
- ◆ The 2<sup>nd</sup> step is your **Intention and Thinking Process**. Your consciousness appears as fleeting thoughts and pearls of wisdom or you can choose active thinking and awareness of your current intention.
- ◆ The 3<sup>rd</sup> step is the actual manifestation of **your external and internal worlds**.

Like your Natural State is the source of life, the sun is the source of light. Like your thinking molds your external and internal appearances, a crystal turns the light into different shapes and colors.



**The 2<sup>nd</sup> part of manifestation is the only one you can affect.**

Your Thinking Process shapes your spontaneously appearing Life-Force, projecting your intention and thoughts as your apparent existence.

Like you can shape the facets of a crystal to project a variety of colors and shapes you can choose to change your intention and thinking and get a variety of manifestations.

---

---

**EXERCISE**

**My intention and thinking regarding getting my goal.**

My goal is \_\_\_\_\_

My current result is \_\_\_\_\_

\_\_\_\_\_

My thought and/or intention that creates my current result is \_\_\_\_\_

\_\_\_\_\_

The thought and/or intention that will improve my current result is \_\_\_\_\_

\_\_\_\_\_

The thought and/or intention that will create my new goal \_\_\_\_\_

\_\_\_\_\_

*Reflect* on the effect of your intention and thoughts on your results.

---

---

# Creative Questions

**The 2<sup>nd</sup> part of your Thinking Process contains 2 phases.**

Your thinking is either asking questions or busy answering them.

- ◆ The 1<sup>st</sup> thinking phase is the Creating Phase.  
This is where your programming takes place.  
This is where your thinking is in the form of questions.  
Questions are the start of something and spark aliveness and creativity.  
Your mind's job is to answer your questions.
- ◆ The 2<sup>nd</sup> thinking phase is the result and statement of proof that answers the question.  
This is where the thinking is in the form of statements.  
Statements are a matter of fact and so dead to evolution.  
This is the manifestation.

You either live in the Questions World and have an Adventurous Life or you live in the Answers World and live a pre-programmed Repetitious Life.

**The only way you can Create Change is through Questioning.**

**Choose your questions well.**

Questions create evidence to prove a point. Be aware of what kind of questions you ask and if they are phrased in a favorable or unfavorable way.

Like, "Why am I a failure I?" gives you the answer "Because I am stupid." or "Why am I so successful?" gives you the answer of "Because I am smart."

**Questions create effortlessly.**

If you pose a question you will get answers without any effort or involvement on your part except the posing of the question. First you ask a question, then you don't see what happens, but then answers show up.

Like doing a Google Search. You type in your question. Then you wait. And then answers show, without any effort on your part.

As long as a question is present, your mind continuous to look for and finds an infinite amount of answers to the question.

This is why you can't win a debate. New evidence will always be found to prove a point, unless the opponent will change their perspective, context with a new question.

**The power of Creative Questions**

A Creative Question is a question that has a favorable answer / result built into it. This kind of questions can only produce one kind of answer.

**A Creative Question is a question that has a favorable answer built in to it.**

Like a goal of wanting to be happy, "Why am I happy?" cannot get the answer "Because I am sick" but must answer "Because I am wonderful".

**The purpose of Creative Questions** is to raise your vibration to match your goal and to ACTIVATE your Life-Force / Source Energy to create your goal.

**Avoid getting sidetracked by answers.**

If you hang on to answers, you have lost the creative power of the question and got busy struggling re-enacting your results.

**Steps to create something new that you want.**

1. Choose your goal – “I want to be healthy.”
2. Identify the statement that reflects your goal. – “I am healthy.”
3. Make the statement into a Creative Question. – “Why am I healthy?”
4. Contemplate your Creative Question.
5. Enjoy your resulting goal.

---

---

**EXERCISE**

**The steps to create what I want**

My Goal is \_\_\_\_\_

The statement that defines my goal is \_\_\_\_\_

The Creative Question that will create my statement is \_\_\_\_\_

**Why** \_\_\_\_\_ **?**

---

---

---

---

**EXERCISE**

**Play the Creative Question Game**

*Get your Creative Questions APP and/or the Creative Question cards*

- ◆ Pick a Creative Question.
- ◆ Contemplate the “Why” Creative Question.  
This Creative Question will dismantle any mis-conceived beliefs.  
Then respond with one answer.  
Then return to the Creative Question again.
- ◆ Contemplate the “Transition” Creative Question. “How have I changed from....?”. This Creative Question will prove to you that you are on a “success path”, even if you haven’t accomplished your full goal yet.
- ◆ Contemplate the “Feeling” Creative Question. This is the Creative Question that will change your vibration to match the vibration needed to activate your goal. (This is the tool that will get you to vibrate, like what the Law of Attraction is referring to.)  
Do not move on to the next Creative Question or even to attempt to answer it until you have given this “Feeling” Creative Question a chance to influence you. Dwell on the feeling of this Creative Question. Savor it.

*Reflect* on your Creative Question card and how it relates to your goal.

---

---

# Session with Intention

## How to be the Supporter

The purpose for watching another doing Natural Breathing is to see how powerful and yet safe it looks from outside.

- ◆ Be aware – FOCUS on your Breather.
- ◆ Sometimes do a little bit of the Five Breathing Basics yourself.
- ◆ Remember that it is the breathing that creates change. You don't need to do anything.
- ◆ You can't make someone breathe, so relax and enjoy.

---

## PRACTICE

### Exchange a Natural Breathing session focused on a Creative Question

Pair up.

Identify the Breather's Creative Question that will manifest the Breather's goal \_\_\_\_

---

Breather focuses on doing the Five Breathing Basics.

Breather remembers their Creative Question, now and then throughout the session.

Supporter focuses on the Breather.

If the Breather is not doing the Five Breathing Basics, the Supporter applies the missing Breathing Basic, a little bit, to themselves.

The Supporter reminds the Breather of their Creative Question, now and then.

The Supporter reminds the Breather of the Five Breathing Basics.

Switch

*Reflect* on your session.

---

# Relating to your goal as an Entity

If you can learn to communicate with your goal you can easily reach your results, because when you ask your goal what it needs, you hear your own beliefs about what you need to create your result.

Make it a personal relationship.

Know you are noticing your own beliefs.

The answers you get are exactly what you need to hear, because they are directly from your own thinking that is the cause of your current result.

This speed up the process of getting to the point of knowing which new Creative Question your project needs, to be able to manifest.

This is like talking to another.

- ◆ Be aware of your goal.
- ◆ Communicate with your goal.
- ◆ Talk inwardly.
- ◆ Listen and wait to what your own mind has to say about this.
- ◆ Discuss what you don't agree with.
- ◆ Ask how your goal can support you.

---

## EXERCISE

### How to communicate with your goal

Imagine: Hi (your goal) \_\_\_\_\_  
How are you? \_\_\_\_\_  
I am \_\_\_\_\_  
What do you need to manifest? \_\_\_\_\_  
\_\_\_\_\_  
Is there something you need from me? \_\_\_\_\_  
\_\_\_\_\_  
Is there a way you can negotiate your manifestation? \_\_\_\_\_  
\_\_\_\_\_  
Which Creative Question would inspire you \_\_\_\_\_  
\_\_\_\_\_

Thank you.

The new Creative Question that will empower your project is \_\_\_\_\_  
\_\_\_\_\_

*Reflect on your connection with your goal.*

---

# Your Success

## Observe where you are at with your goal.

Do you have it yet or are you learning something?

## If you have accomplished your goal:

- ◆ Remember that you have Deliberately created your goal.
- ◆ Celebrate your success.
- ◆ Resist the tendency to forget, negate or discount your success.
- ◆ Experience your success.
- ◆ Stay with your success and integrate it before you plunge into your next goal.
- ◆ Share your success with others.

## If your goal is in progress, you have more learning and practice to do.

- ◆ Realize what you are learning.
- ◆ Practice what you are learning.
- ◆ Be aware of your usual Success Journey and accept all your experiences.
- ◆ Choose to contemplate your favorable Creative Question.
- ◆ Practice Natural Breathing.

---

---

### EXERCISE

#### Share Your Success Progress

My goal is \_\_\_\_\_

Where I am at with my goal is \_\_\_\_\_

What trying to achieve my goal is teaching me is \_\_\_\_\_

My expected unwanted experience on my Success Journey is \_\_\_\_\_

My Creative Question that activates my goal is \_\_\_\_\_

My Natural Breathing that will project my goal is \_\_\_\_\_

Practice how my Natural Breathing needs to be to project my goal.

---

---



# Supporting Your Next Step

Since you have become a Deliberate Creator and you have realized that there are two powerful natural creation tools, you probably wonder how you can further support yourself on your Healing Journey.

The importance of long-term work:

- ◆ You go deeper.
- ◆ You feel safer.
- ◆ You integrate more.
- ◆ Your commitment to saying yes to living consciously gets stronger.

You can use Natural Breathing more through private sessions and “Your Six Challenges to Own Your Self” workshop.

The Ten Empowering Natural Breathing private sessions gives you:

- ◆ Personal guidance to fine-tune your Natural Breathing.
- ◆ Personal guidance to identify and uproot any blocks.

“Your Six Challenges to Own Your Self” 100 Hours of workshop time and 240 pages Natural Breathing Owner’s Manual is for you who want to:

- ◆ Completely immerse yourself in learning how to apply Natural Breathing into your life.
- ◆ Sail through the Healing Journey of your life, with consciousness, ease, and pleasure.
- ◆ Transform unwanted habits.
- ◆ Engage in Conscious Optimum Living.

---

---

## EXERCISE

### My next step on my Healing Journey

The way I will support my Healing Journey and Conscious Living more is \_\_\_\_\_

---

---

---

**When you realize the Power of Your Natural Breathing you may want to add Natural Breathing to Living Your Life.**

**This will probably add to the results of what you are already getting, since breathing is that powerful.**

**One caution though, is that when you add something to Natural Breathing, it is no longer Natural Breathing, since Natural Breathing is not mind-made.**

**Inspire Yourself and those around you  
to more Natural Breathing  
and good Creative Questions!**