



Ancient

Tips

to get the most
out of your

Guided Breathing Visualization

What
is a guided
breathing
visualization?

I am teaching you a practice. This is a discipline. Like martial arts, or yoga, or learning an instrument. These visualizations are designed to open up specific energetic sensors that exist in your body. Some of those sensors you are familiar with, like sight, taste, touch, hearing, and smell, while there are many others you are not aware of. The best thing about the guided breathing visualizations is that they can open up those sensors and develop them so that you can experience greater relaxation, focus, and increasing energy all day long.

When
should I
do one?

The more you practice, the more benefits you get. The better life gets. And with any practice, it helps to create a routine around it. I recommend doing my Guided Breathing Visualization practice in the morning before the rest of the world starts pulling you in a million different directions. Increase to twice daily for even better results. Many of my clients do them before bedtime for great restful sleep, and before important meetings during the day or evening.

Where
should I
do one?

You can do these anywhere. In bed laying down, sitting in a chair, at work, in your car (pulled over of course!), or even waiting to see the doctor. The key is to do them. Most of us have a million excuses for why we can't do our Source Energy practices, but really they are designed to do anytime and anywhere. Put your headphones in and listen on an airplane. Listen before your workout session. They are so convenient and will fuel you wherever you are and in whatever you want to do.

How
should I
do one?

Relax, close your eyes, follow along with the imagery. It is expected that your mind will wander and so just bring it back to the imagery when you notice that you've drifted. Yawning or feeling drowsy is normal. You might even fall asleep. Your body will still be pulling in Source Energy even when you are not awake. Afterwards, write a goal for something you will take action on next and allow the Source Energy vibrations to flow towards that goal.

What
should I hope
to achieve?

At a minimum, the results usually start with an experience of calm relaxation that can help you be more productive and effective. You can expect to feel more calm, clear-minded, and focused afterwards. You will keep improving every time you do these visualizations. It only takes a few minutes, and over time, the results build and build and build in your life.