

SESSION 1 -- Relief & Awareness

Hello, hello and welcome to The Relief Experience, I'm so happy you're here!

So... this Relief Experience is going to be simple, simple, simple...

I could share with you just what you need to know in one session, but this experience is THREE sessions because I know how challenging it is to REMEMBER to implement what we learn and three sessions will support you to remember...

Because... in today's world... we're busy...

and living in a human body has its challenges when we allow ourselves to be influenced by not only external experiences, but our internal dialogue that's not nice.

Ideally, we want to protect ourselves from outside influences, take control of those thoughts that beat us up and have a finger on the pulse of our time.

The Relief Experience opens the door to our power for this control.

During our time together, I'll not only share support tools, but we'll also immerse into them... together.

After our immersive participation, I'll ask you to pause the recording so we can reflect on the experience.

Breath-work is a huge part of the relief process, so we'll begin by breathing into our Safe Space.

When I guide you to take a deep breath, breathe in through your nose, then when you exhale, open your mouth – this drops your jaw to release the air.

Do-not purse your lips – if you purse your lips, that's all you'll feel through the exhale is that motion of pursing the lips. We want to FEEL the tension release from your body – pursing your lips won't reveal that release to you.

When you open your mouth and drop your jaw to exhale a few times... if you're holding tension in your body... you'll feel that tension release from your face, your neck and your shoulders. The more deep breaths you take... the more tension you release.

Experiential Exercise #1 – Breath-work = Relief

So now... together... let's take a deep breath in ... filling your lungs into your belly... hold it for a moment – feeling that fullness...

Then on the exhale... open your mouth, dropping your jaw to let the air out ... and slowly, fully exhale, emptying your lungs and releasing the tension.

Can you feel that tension draining from your face?

Let's experience this again together...

Take a full, deep breath in...

hold...

then slowly, fully exhale by opening your mouth and dropping your jaw.

What are you noticing about your body's response to this method of breathing deeply?

You can pause here between each question to explore your thoughts and feelings...

Where did you feel the tension release first?

Did you realize you were carrying tension there?

How does your body feel - right now compared to earlier in the day before we came together?

If you didn't pause to reflect on this experience, PLEASE DO! Carrying on...

Teaching Point #1 - Stress is an internal BODY experience – not just in your mind

Stress isn't just in your mind... it's harbored in the cells of your body. Stress causes your cells to believe you're in danger and the body and mind assume a status of ALERT – believing that there's an Emergency. When life experiences happen that are stressful... that experience triggers your body to tense-up, to release chemicals and to protect you.

Before we dive even deeper into how we got to this level of tension ...

Let's experience more relief with my short Quiet the Mind meditation and bring your heart and mind into harmony.

During this meditation, I'll guide you with focused action steps addressing different areas of your brain. When I ask you the four questions, don't try to answer... just ask... life will move you into the answers. When I ask you to focus AGAIN on your heart and allow yourself to hear it as a sound or to feel it as a sensation... really focus on that hearing or feeling while holding your exhale – before your next breath.

So, together – with active intention – we relax into the breath... and quiet our minds - bringing your heart and mind into harmony -- elevating your vibration out of stress and anxiety to the peaceful relief of our Safe Space.

Experiential Exercise #2 - Quiet the Mind Meditation

Now that you've flooded your body with oxygen... how does it feel? – now is another good time to pause the recording for just a moment and explore your experience – what did you notice about your mind chatter --- has it calmed down – is it less chaotic – more settled?

Are you feeling a more peaceful state?

If you didn't pause... please do so and explore the “feels” of this experience.

Carrying on...

Teaching Point #2 - Survival Mode Feels Normal

There's a reason I began our relief experience this way.

Stress pushes us into survival mode and when we're in survival mode, our energy pulls in close to our body – like it's shrink wrapped to us – and when that happens, there's no energy left to think with. This is what it means to not be able to think greater than we feel.

When we're breathing shallowly due to the pressures of stress, chained to survival mode... it's not a time to learn... and it's not a time to reach a deeper understanding of life.

This lack of oxygen makes retaining information sporadic at best.

Truth of the story... When we're existing in a survival mode state of being, we can't think beyond the urgency of this moment because subconsciously... our body believes we're in danger, so our brain is focused on managing all our internal systems – trying to keep us safe.

You probably wouldn't describe your state of being today as existing in survival mode when you're stressed, but let's take a deeper look into this. Stress builds tension in the body, and that tension puts pressure on all the body's systems.

Imagine for a moment... a predator chasing you and if they catch you, you're going to die and that death will probably be very painful.

If a velociraptor were chasing you... your body would be tense – drastically alert - sensing danger – feeling a state of emergency.

Well... obviously... you don't have a velociraptor chasing you – and you never will. But... you may have these kinds of things happening – some on a daily basis --- things like...

- Pressures of a 'to do' list that's not getting done

- People you know who behave like jerks – or are plain out mean
- Unexpected expenses
- Partners, spouses, children, or friends you don't agree with
- A boss or coworker who gets on your last nerve
- Strong feelings about how the government is operating
- The pressure of taking care of family members either financially or due to health – so you're watching them fail to thrive
- Or perhaps you're a narcissist magnet – that is definitely NO fun!

Do any of these experiences sound like your body is in physical danger?

If you ARE in physical danger – take the action steps necessary to remove your body from the danger.

But if your body is NOT in physical danger, then why would you be in survival mode?

All these situations – these experiences – they trigger emotions and emotions release chemicals in your body and when those chemicals are released enough times during a week – or even a day... all of that stress... that tension... that pressure... the release of those chemicals in the body, puts the body on alert –

those chemicals make the body feel like it's in danger

those chemicals lock you into survival mode

And after days, or weeks of an erratic diet of those chemicals... survival mode begins to feel normal.

And your body is constantly in a state of emergency....

As a result, your brain doesn't register – “a velociraptor is chasing me” – instead it's as if behind the scenes...

- the 'to do' list has a knife and it's loose
- the people who behave like jerks are waiting for you to walk by so they can hit you in the face with a cast iron skillet
- an envelope with an unexpected expense has hands and when you open it, those hands go for your throat and try to choke the life out of you

Isn't it crazy how life can feel just like this?!!!

These are behind the scenes Masked Energy Thieves...

They're masked...

...because they look like everyday life – a normal Tuesday.

But they're catalysts that trigger you and suck you into survival mode... forcing your nervous system to try to protect you by shrink wrapping your energy to your body to keep you safe.

And this works great short term... but we're not talking short term... we're talking daily "normal" life...

And these internal chemical releases... the shrink wrapping of energy... this chemical release results in not being able to think greater than you feel... which in turn... makes you feel tense ... and this intense level of anxiety... becomes your normal way of living.

There is no thinking.

There is no relief.

There's only struggle... to do your best to get through the day...

But together... we've already experienced relief... we've already begun the process of unwrapping your shrink-wrapped energy to your body.

Breathing deeply... and fully exhaling by simply opening your mouth puts a PAUSE on the adrenaline release in your body.

I'm going to say that again... Breathing deeply... and fully exhaling by simply opening your mouth puts a PAUSE on the adrenaline release in your body.

How can you believe that something so simple... is so powerful?

Because you just experienced it... it works.

Together... we've opened the way for your brain to think more clearly – from a calmer state – to think better ... by bringing your heart and mind into harmony through breathing deeply and experiencing our short meditation.

The door to clarity of thought is now open.

You can think.

You can understand.

You can now learn and implement.

Teaching Point #3 – The power of breath-work + guided focus

So... what makes 5 minutes of breathing and guided meditation so powerful?

Well... breathing deeply is so important because as humans, unless we're exercising or focusing on our breath, we breathe shallowly – then when we're stressed, we tend to hold our breath.

As a result, our body doesn't get enough oxygen, so we get tired more quickly. Plus, our brain doesn't get enough oxygen, so we have trouble thinking or focusing – and our thoughts... well...

those bad boys are like rats set loose in a grain store ----- impossible to control.

When we're stressed ... breathing shallowly and holding our breath ... we're literally starving our body of the oxygen it needs to survive --- making clarity of thought challenging to come by.

And as for the guided meditation...

It's so important because when we follow the 5 guided steps –

-- the first being: focusing on our heart, --- we're setting a powerful focused intention

-- the second: shifting our focus to gratitude, ---- elevates our internal energy for emotional fulfillment

-- #3: asking ourselves the 4 questions – without trying to answer... just asking... stimulates cognition & thought in a good way

-- then #4 shifting our focus to become aware of our body, --- awakens the state of being coherent

-- and the last vital step... shifting our focus back to our heart, --- connects the heart and mind into harmony

When you're actively listening to the guidance and shifting your focus with each guided step....

we touch parts of the brain in an order...

that calms it down and brings harmony to our heart and mind.

It only takes seconds to breathe deeply, then drop your jaw by simply opening your mouth to exhale – seconds. It takes less than 3 minutes in the meditation to bring your heart and mind into harmony.

When you combine that sequence of breathing with the meditation... magic happens.

How many times in the past have you taken a class, or read a book or participated in a program – and the experience was awesome --- you learned some life changing information?

But when you finished the book and the class or program ended... the next day your life programming kicked back in and that “normal” state of being stressed returns...

It’s as if within moments – you were sucked back into the life you’re trying to improve – that life of stressed out chaos that’s become your normal ...

that life of stress, tension, jumbled - chaotic thoughts, anxiety... as if you didn’t even take the class or program – as if you never read the book...

You had good intentions, but once the class/book or program was over, you actually implemented little to nothing.

This wasn’t a failure – this is an example of beginning the book, class or program while struggling in the emotions of survival mode –

You were wrapped in those survival mode emotions of stress and anxiety ---

And those emotions and feelings blocked you from absorbing the information in a way that supported you to take action.

With all those stress chemicals flooding your system... your brain didn’t have the energy to follow through.

That’s why we began The Relief Experience by shifting your energy – by breathing into your Safe Space where we quieted your mind and unwrapped your energy that’s been shrink wrapped to your body for probably weeks, or months, or in some cases years...

And since we began with bringing your heart and mind back into harmony – creating a **coherent condition within you** – you now have the brain power to learn a new set of energy skills that are life changing.

Teaching Point #4 – The magic details of breath-work + guided focus

To more firmly anchor you in harmony – let’s relax and sync our heart and mind a little more deeply ... by experiencing our short meditation again – but first, I want to reiterate -- and be really clear about why the guidance in the beginning is so important.

It’s the 5 steps --- I learned this simple guided process of the 5 steps from Deepak Chopra. He explained how each step affects a different area of the brain and when they’re combined in this sequence... the mind gets quieter.

And when you can hear your heart beating or feel it as a sensation in the last step... you bring your heart and mind into a coherent state.

If you miss one of the steps, when we shift back to your heart at the end, you may not hear your heartbeat or feel it as a sensation. I've learned that it's easier to hear my heartbeat or feel it as a sensation when I'm holding the exhale... I've taken the deep breath... and now I'm focused on my heart and on that exhale... I just hold it... and I can feel it... my heart beating... and sometimes I can hear it, too. I experience both.

And in that moment... it's as if everything 'stills' and in that moment... it's just me and my heart beating... there is nothing else – and when I say nothing else... I mean no worry, no anxiety... I don't even feel my body... I don't even have a name...

All there is ... is the feeling of ME as my essence ... as my life force...

That final step is important because when you feel or hear your heart beating – or both - it's an indicator that your nervous system has settled into a more harmonious state.

Your energy expands – it's no longer shrink wrapped to your body.

This method of breathing and focusing your thoughts and energy is in itself... a life-changing skill.

In as little as 5 minutes, you're settled into a more harmonious state with this meditation.

Through this coherent state, your brain is more stable and receptive to receive information. It's open to not just receiving information, but you'll also have achieved the awareness to implement what you've learned.

As a result, you'll feel more calm, more peaceful... and you'll be able to recognize when anxiety gets triggered more easily.

Now... let's experience the quiet your mind sequence with grounding.

Since you've already experienced it once, you'll be able to bring your heart and mind into harmony at an even deeper level – opening the way for you to absorb the behind the scenes details of why and how the breath-work and guided meditation function together.

So, together – with active intention – we intend to quiet our minds and bring your heart and mind into harmony,
ground into stability in our Safe Space –
and elevate your internal frequency out of stress and anxiety to the relief – of the love vibration state of being.

Experiential Exercise #2 – Harmony & Ground Meditation

Could you feel your heart beat – or hear it? Now is another exploration moment to pause the recording.

How much calmer do you feel --- more centered – more whole and complete?

When you think about the things that stress you... do they feel more manageable?

After exploring the feeling of this experience...

Let's carry on...

The more you practice this experience..., the easier it is to feel or hear your heartbeat.

Which is a clear sign to you that you're settling into your power –

bringing your heart and mind into coherent order -

becoming one with the divinity within where you are limitless...

You'll get separate recordings of these two guided meditations along with the recording of our call, so you can listen to them any time you wish. I'll also include this harmonious grounding exercise with an hour of music so you can do your own meditation.

You'll notice I use the same music for the meditations. This isn't a mistake. I use the same music as a support to train your nervous system to recall your blissful state of stress-free relief.

The more you listen to them, the easier it is to achieve this state of being

– and with practice...

you'll get to the point that all you have to do is THINK about the music and your body will elevate into a calmer, more peaceful vibration of LOVE ---

I believe this is called somatic anchoring or resourcing. We're using repetition with the physical experience of hearing.

Through your breath and bringing your heart and mind into harmony, several things happen:

- you gain clarity of thought
- you become more aware of your feelings and emotions – you become more aware when you're feeling anxious, agitated and worried as well as when you're feeling happy, confident and free

- your awareness gives you the power to consciously choose the emotions you want to feel – because if you don't consciously choose your emotions... you default to the dominant emotions of yesterday – and you may have been very anxious yesterday.
- When you consciously choose to feel happier emotions consistently..., elevating your internal frequency of energy... your external reality begins to shift, too
- And most importantly... when you elevate your internal vibration to a safe space through your breath and harmonic flow... you stop the stress chemicals from releasing in your body and you achieve relief from stress

Together... we've experienced the release of tension through our breath...

We've brought the heart and mind into harmony – unwrapping your shrink wrapped energy to gain clarity of thought.

And through your shift to a more harmonious state of being..., you've elevated your internal vibration..., and you FEEL the bliss of gratitude within you.

We've achieved a greater sense of peace and well-being... and we want to sustain it!!!

But even though we've experienced this relief... we still live hectic, sometimes demanding lives...

So how do we sustain this feeling of relief?

The key here is that we've experienced it together – so you have a baseline of experience and expectation.

Commitment to Yourself - Integration & Implementation

Special Note here... When the body has experienced stress and anxiety for as long as you probably have ---

so long that it's become a normal state of being for you...

The stress has become a programmed reaction to thoughts and outside stimulants...

Releasing cortisol and adrenalin in the body...

You need to be aware that the body can become addicted to those chemicals that feed stress, anxiety, worry and overwhelm.

We must overcome the addiction to those chemicals of stress, anxiety and worry.

And you can.

You have a new baseline now.

You know what it feels like to experience relief.

We've proven that relief is possible

You know what it feels like...

And not only is relief available to you...

it's simple to achieve.

When you repeat what we've done here on this call...

- when you take the deep breaths – dropping your jaw to exhale
- then listen to at least one of the guided meditations – fully following the guidance to bring your heart and mind back into harmony
- you'll feel the flush of anxiety and the fulfillment of RELIEF --- feeling safe, confident, fulfilled...
with a deep sense of satisfaction because your desire has been fulfilled...
you'll feel At Peace...

The more you practice this sequence, the better you'll get at it. The more quickly you'll be able to shift from stressed... to relieved.

The more you practice this...

fully embodying the feelings...

you become the master of stress, and it no longer rules your life.

What we've experienced here is amazing...

but life...

she pulls and pushes you...

You live a **busy life**... and remembering to use your breath and the magical guided meditation journey can be challenging...

plus...

even though you can download the meditations to ALL your devices – your phone, your tablet, your computer... and you can listen to them Anywhere – any time...

you still have to **remember** to use them.

So, let's incorporate what we've experienced into your daily life.

First, let's look at 5 minutes.

5 minutes

3 times a day...

That's 15 minutes that can completely change the way you experience your life.

I don't know about you, but I can get sucked into videos or scrolling on my phone for longer than 5 minutes.

With that in mind...

I'm asking you to commit to putting yourself first...

– your well-being..., your own empowerment...,
your ability to manage and control your own life.

No more letting life push you around --- NO! ... those days need to be gone... now you're in charge.

Here's my suggestion:

3 Daily Commitments – deep breath and 5 minute meditation – either meditation – whichever one feels like the right one at the time...

3 daily commitments:

1. Morning before getting out of bed – deep breath/5 minute meditation
2. Lunchtime reset – deep breath/5 minute meditation
3. Evening before sleep – deep breath/5 minute meditation

In the back of your mind... you may be thinking...

Commit to meditating three times a day?

Pft...

I don't know if I can do that.

Hmmm...

You brush your teeth, don't you?

You already have things you do every day that are non-negotiable.

It's time your mental and emotional well-being became one of them.

I suggest these three simple checkpoints:

Before you get out of bed – this sets the tone for your day

Around lunchtime – this amplifies or resets the tone of your day – depending on what your morning was like

Before sleep – this wraps you in love before you got to sleep

Five minutes.

Three times a day.

Fifteen minutes that can completely change the way you experience your life.

And one last thing... I need to ask you this...

Who puts you first?

The raw truth is... nobody but you.

And if you don't...

the stresses of life can take over – the past has already proven that. And I don't know about you... but I made that an art form... and I don't want to do that anymore.

Before we complete our time together tonight, I want you to observe this...

When you clicked into zoom...,

your body was carrying whatever this day had given you.

Maybe you were stressed...

Tense....

Maybe you were worried...

Or overwhelmed.

And yet...

because we joined together...

you've experienced relief.

You've experienced what happens when you flood your body with oxygen.

You've experienced what happens when the heart and mind come back into harmony.

You've experienced what happens when your energy is no longer shrink wrapped to your body.

Most importantly...

you now know what relief feels like.

You have a new baseline.

You have proof that relief is possible.

And you have simple tools to return to it.

Between now and our next session, I encourage you to practice.

Take the deep breath.

Drop your jaw on the exhale.

Listen to one of the meditations.

Give yourself five minutes.

Three times a day.

Let yourself experience what becomes possible when relief begins to feel
more normal than stress.

I'll send an email within 24 hours with link to the recordings.

Reach out if you have any questions or need further assistance.

Thank you for sharing this Safe Space with me tonight.

I look forward to seeing you at our next gathering.

Until then... be gentle with yourself.

The light within you is already there - and it's on.

Tonight we simply helped you fan the flame and remember that peace is your natural state of being.