

Session 3 – Every Moment Integration

Welcome to session 3 of The Relief Experience.

Before we begin... let's calm everything down...

Experiential Exercise #1 – Breath-work = Relief

I trust that you're sitting... if you're not, stop everything you're doing and sit down... vision me sitting next to you and I take your hand... and this isn't just a hand holding... we link our fingers because we care about each other....

Now... we'll breathe together...

Take a deep full breath...

hold – feeling the fullness...

Then on the exhale... open your mouth, dropping your jaw to let the air out ...

and just exhale fully... emptying your lungs and releasing the tension of your day.

Can you feel that tension draining....?

Let's experience this again together...

Take a full, deep breath...

then drop your jaw to exhale...

Do you have any idea... how difficult it is to take a deep breath, hold and fully exhale while talking? It's right there at impossible... so let's do it again...

One more time together...

Full deep breath...

hold...

open your mouth... exhale out...

Now to set you up for success at absorbing a little insight and a lot of love... let's experience the Quiet Your Mind meditation. We'll bring your heart and mind into harmony...

Together... we acknowledge how important it is to follow the guidance of each step to feel the beating of your heart as a sensation or hear it as a sound...

I'll let you in on a little secret before we do that... if you have a hard time hearing your heartbeat or feeling it... after you become aware of your body and we shift our focus back to your heart... place your fingertips together... and focus on where your middle fingers are touching each other... you'll be able to feel your heart beating.

So... with active intention – we relax into the breath... and slip into our Safe Space.

Experiential Exercise #2 - Quiet the Mind Meditation

I hope you're embodying this short, simple experience every day... it's so simple and yet so very powerful...

And what I really love about it... if you're in a stressful situation...

You can step out of the room, put life on pause for just a moment...

Close your eyes, go through the 5 step sequence in your mind because you know what they are now... and with your fingertips together, you feel your heart beat at your fingertips...

and within 2 minutes... you've brought your heart and mind back into harmony...
you've taken control of your emotions *AND your power.*

You can take your life off Pause... and instead of facing the music of what was going on...

now YOU'RE the conductor and you decide the beat of the music of your life.

Now you're in charge. And you may simply choose to walk away from whatever the stressful situation was --- or now... you may have the words to speak or the spark of a solution... because now you have clarity of thought.

So... here we are... Session 3 of The Relief Experience...

Teaching Point #1 - Relief Is Becoming Your New Normal

Our first session helped us to recognize stress and experience relief.

The second session taught us how to regulate and anchor relief.

This session will show us what's possible at a new elevated state of being...

Let's explore this experience...

When we began two weeks ago... you were subconsciously holding on to stress with both hands, feeling tension and generally being overwhelmed with life.

That pressure from stress felt normal...

Stress had become a part of who you were.

And it probably felt unavoidable and that's why you felt trapped.

But over the last two sessions we've discovered something powerful.

Relief is possible.

Not someday.

Not when life calms down.

Not when everyone else behaves themselves... because we know how likely THAT is...

We discovered that Relief is available now in your current moment...

Through your breath.

Through your awareness.

Through your ability to consciously choose your state of being.

YOU have the power.

Before we go any further... let's look at this... your breath, your awareness... existing in a state of being where you can consciously choose your emotions...

THIS is Self-Care... This is putting you first... and that's not selfish... it's vital to navigate today's world... and that's empowerment.

With this knowledge of the power within you... let's look at the possibility that our hearts long for...

What if *relief* became familiar?

What if peace became normal?

What if your first response to life's challenges wasn't tension...

but breath?

Not because life stopped happening... But because you learned a new way to respond – and that response is Physically – Taking – Deep - Calming - Breaths.

Imagine yourself six months from now...

What changes if relief becomes more normal than stress?

Let's think about that for a moment...

What changes if relief becomes more normal than stress?

How wonderful would life be?

No matter what you do or don't do for yourself...

the days are going to turn into yesterday...

Every deep breath you've taken over the last few weeks has been teaching your body something new.

You are safe.

You can think.

You can choose.

You can return to harmony.

This isn't wishful thinking.

This is practice creating a new pattern.

A new way of being – *a new State of Being...*

THIS is retraining your body to BREATHE into stress ---- and suck the life out of it... How cool is that visual... to suck the life out of stress and live the life that you want – the life that makes you happy... now there's a concept.

Teaching Point #2 – The New Normal

Your body is learning a new normal.

You're embodying a new state of being – and even though the action steps we've discussed in Session 1 and 2 have been simple...

they're immeasurably powerful and when practiced...

will not only change your internal experience...

your external experience of life's realities will mirror back to you this innate peace.

It doesn't mean you won't experience life's hiccups, it just means you'll respond to them in a different way – a more powerful, "I'm in control now" way. Life experiences and people in them won't be able to push you around anymore.

Teaching Point #3 – You Change, so Life Changes

Once you accept what your life IS... the battle within you of not being in agreement with what's happening around you will stop. It doesn't mean you stop caring or you're ignoring or blowing off what's happening around you... it simply means you accept what is and therein lies your power to fully accept how limitless you truly are.

The world doesn't change for you to feel better --- the world doesn't work that way...

YOU change... and you feel better.

You breathe deeply, you bring your heart and mind back into harmony and you can THINK, you can reason, you can figure out a solution, and you have the strength within you to act on that solution.

In short... you become empowered.

When people spend years in survival mode, they often forget something important:

Relief is not the destination.

Relief is the doorway.

And what lies beyond that doorway?

Peace.

Joy.

Creativity.

Connection.

Gratitude.

Love.

BLISS...

Not because those things magically appear.... But because they're no longer being crowded out by constant stress. There's no more brick wall between you and the limitless possibilities you incarnated to this planet to experience.

And the *relief* your mind and body feel... brings you the clarity of thought to make the conscious choice to elevate your internal vibration to Love and gratitude...

and therein...

lies the magic of life transforming into something fabulous.

The internal elevation to LOVE and gratitude demonstrates the State of Being that becomes available when the stress tools are working.

So now let's take our heart and mind in harmony to a new level of experience – let's elevate our internal vibration to LOVE with the Become Love meditation...

Experiential Exercise #3 - Become Love Meditation

Florence would tell us that we've brought our three levels of consciousness into alignment... And that is where our true power IS.

Debrief Questions:

- Could you feel the shift?
- Could you feel the acceptance of being one with that God Part within you?

- Could you feel the empowerment of being limitless?
- What feels possible for you now?

Give some thought to these questions and I've posted them in the Relief Central web page.

Teaching Point #4 – One Thought – One Breath

Your future self is created one breath at a time – and through your clarity of thought... the spark of thoughts that hold solutions connect with your thoughts of, “Help me...”

These sparks and connections form neural pathways of belief...

Breathing deeply... embodying a harmonious mind and body brings you peace...

And from this state of peace from deep within you... something extraordinary happens...

You reconnect with that divinity within – that superconscious/higher-self where life is free.

Free from stress.

Free from anxiety.

Free from worry.

You reconnect with that essence of who you are that has been buried deep within you...

And there... in that Sacred Space...

You - are - safe.

Integration Happens In Moments

Before we complete our journey together, I invite you to create your own Personal Relief Toolkit.

Not my toolkit.

Yours.

Think about the experiences that help you return to relief, to peace and to harmony.

Breathing deeply is *ALWAYS* your first step – your brain and body need the oxygen to be able to think and regulate your body's nervous system.

And we've established that the short 5-minute guided meditation brings your heart and mind into a peaceful harmony - opening the way for your limitless possibilities to step forward.

A few other simple tools you can add to your tool kit are:

- Music – and we’ve established that with the music that’s in our meditation. We use the same one so it triggers that beautiful feeling of peacefulness and relief when you think about it.
- Nature – walking in nature, sitting in nature – you know... even if you just have to sit next to your plants. Nature makes a difference. If you can put your bare feet on the ground – you feel – you can feel the earth – you’re breathing in the breath of God and feeling the beat of Mother Earth beneath your feet.
- Drumming – drumming really brings your heart and mind back into a harmony and relaxes everything.
- Walking – getting those steps in... breathing in the breath of God – being in nature, or even on a treadmill.
- Time with someone you love – especially your fur babies.

There are no wrong answers.

Your toolkit is unique because YOU are unique. The key is exploring the tools and learning what supports you the most. Then incorporating them into your self-care.

When you actively use and implement your tool kit when you begin to FEEL the stress pressures of life... life *feels better*...

One breath.

One walk.

One song.

One journal page.

Small moments create big changes.

The Become Love meditation is a powerful tool to add to your tool kit. It’s already on the Relief Central web page waiting for you to download.

You must remember... integration of relief from stress into the fabric of your life... does NOT take hours... doesn’t need perfect circumstances.

It only takes *Moments*.

One pause.

Deep breath.

One conscious choice.

Again, and again.

Until peace feels more familiar than stress.

Remember... if you don't consciously choose your state of being... you'll default to yesterday's dominant emotions...

As we complete The Relief Experience, I want you to remember this...

Nothing magical happened because of me.

The magic happened because you participated.

You took the deep breath.

You paused.

You became aware.

You chose relief.

You chose harmony.

You chose.... yourself.

And every time you continue to do that...

your life changes... It improves... sometimes in ways you couldn't even imagine before...

One breath.

One moment.

One choice at a time.

The light within you was never missing.

The stress simply made it difficult to see.

Now you know how to clear the fog.

You know how to breathe.

You know how to return to your Safe Space.

You know how to bring your heart and mind into harmony.

You know the steps to take to get results.

Results like:

Your nervous system settles.

Your body relaxes.

Your stress decreases.

And you... can... breathe...

This is YOU taking control of your life...

And now gratitude becomes possible.

Love becomes possible.
Joy becomes possible.

Not as concepts.
But as experiences.

Most importantly... you know relief and a happier life experience is possible.

Not because I told you.

But because you've experienced it.

Carry that knowing with you.

And whenever you begin to feel the stress pressures of life... take a deep breath.

Drop your jaw on the exhale.

Return to your heart.

And remember... your heart's relief is right here...

It's only a breath away.

That completes this final session of The Relief Experience.