

# BREATHE IN LIGHT TECHNIQUE: 'BRIGHT'

by Susan Grace Wisniewski

[www.insight-services.org](http://www.insight-services.org) [www.shepherdstownreiki.com](http://www.shepherdstownreiki.com) 304-876-3957

**Breathe in Light** is a technique, which helps to bring resolution and transformation to our accumulated physical, mental and emotional life history. By intentionally breathing in Light into our congested history, it is gradually transformed and easily breathed out of the body.

Repeat this **Breathe in Light** technique (fully or partially) daily or weekly, even hourly.

Repeat the following with your inner voice,

- A. "I open all my Shock and Trauma to the Light, to be healed, to be transformed, to be released,"

*Now, imagine Light infiltrating into all of your Shock and Trauma, Imagine the Shock and Trauma as physical congestion in your body and imagine the Light molecules interspersing themselves among these molecules. As more and more Light is incorporated into the Shock and Trauma congestion, the Light transforms it. Now, this Light-filled Shock and Trauma is easily breathed out of the body, mind and spirit.*

Now, think (B) as you breathe in and out: (use normal, relaxed, nasal breathing)

- B. Breathe in Light; breathe out Shock and Trauma (3 times)  
Breathe in Light; breathe out Shock and Trauma  
Breathe in Light; breathe out Shock and Trauma

Repeat, with each of the following triads, (Repeat each - 3 times)

1. Breathe in Light; breathe out Shock, Trauma, Stress
2. Breathe in Light; breathe out Fear, Anxiety, Worry
3. Breathe in Light; breathe out Hatred, Anger, Hurt
4. Breathe in Light; breathe out Sadness, Grief, Sorrow
5. Breathe in Light; breathe out Judgment, Criticism, Blame
6. Breathe in Light; breathe out Disappointment, Regret, Guilt
7. Breathe in Light; breathe out Control, Expectations, Should
8. Breathe in Light; breathe out Denial, Resistance, Disconnect
9. Breathe in Light; breathe out Helpless, Powerless, Victim
10. Breathe in Light; breathe out Rejection, Abandonment, Neglect
11. Breathe in Light; breathe out Jealousy, Envy, Resentment
12. Breathe in Light; breathe out Shame, Humiliation, Embarrassment
13. Breathe in Light; breathe out Confusion, Doubt and Distrust
14. Breathe in Light; breathe out Stubborn, Obstinate and Defiant
15. Breathe in Light; breathe out Energetic Remnants (alcohol, tobacco, drugs)
16. Breathe in Light; breathe out the belief; I am not enough, I can't... etc.

\*There are numerous possibilities to include in this technique, allow your intuition to guide you as you create your selections.