

# Breathe in Light Exercise

Daily exercise

**Here is a restorative exercise which will lighten your burdens**

## Breathe in Light Daily exercise:

Ideally, breathing in and out through your nose keeps you as relaxed as possible while doing this exercise (mouth breathing is also fine).

**Begin** by grounding yourself to the Earth; imagine roots instantly growing down from soles of your feet down to the Earth center. Then imagine inhaling this grounding energy up from the Earth each time you breathe in. *Inhale this Earth energy up and down the body three times.*

**Next**, imagine breathing Light from the Heavens into your body, mind and spirit. *Inhale this energy from the Heavens down into the body three times. Imagine your body becoming more and more light-filled after each breath.*

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Now, state with your inner voice,

*“I open all my shock, trauma, stress to the Light,  
to be healed, to be transformed, to be released.”*

Think the following as you slowly breathe in and out:

*Breathe in light, breathe out shock, trauma, stress.* (Repeat 3x)

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State with your inner voice,

*“I open all my fear, anxiety, worry to the Light,  
to be healed, to be transformed, to be released.”*

Think the following as you slowly breathe in and out:

*Breathe in light, breathe out fear, anxiety, worry.* (Repeat 3x)

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State with your inner voice,

*“I open all my hatred, anger, hurt to the Light,  
to be healed, to be transformed, to be released.”*

Think the following as you breathe in and out:

*Breathe in light, breathe out hatred, anger, hurt.* (Repeat 3x)

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State with your inner voice,

*“I open all my sadness, grief, sorrow to the Light,  
to be healed, to be transformed, to be released.”*

Think the following as you breathe in and out:

*Breathe in light, breathe out sadness, grief, sorrow.* (Repeat 3x)

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**Repeat this technique with any other emotions or mental states which you have been experiencing lately**

(e.g. –regrets, doubt, judgment, guilt, blame, resentment, etc.)

Repeat these 3x for each emotion and mental state.

**I highly recommend repeating this exercise daily to receive the most benefit.**