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# SERENITY BREATH

The simplest way to melt stress and  
increase your energy

PAUL BAUER

# *The Serenity Breath*

Discover the Most Powerful Way To Calm Your Mind and Body And Activate Your Hidden Powers

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***To all my teachers and mentors who have helped inspire  
me to calm my mind and open my Heart.***

***With special gratitude to Susan Castle and Dell Bauer  
for showing me the ways of the Heart.***

***My Heartfelt gratitude to you always...***

***“All of humanity's problems stem from man's inability to sit quietly in a room alone”***

***- Blaise Pascal***

# Table of Contents

Introduction	6
Case Stories	10
The Breathing Test	13
I. The #1 Cause of All Stress	16
II. The Power of the Serenity Breath	24
III. Mind Body Awareness	32
IV. The Serenity Breath Process	40
V. The Power of Heart Resonance	49
VI. Natural Resilience	56
VII. Your Self Talk	65
VIII. “The Breath of Life”	74
IX. Meet your Future Self	92

# Introduction

You're holding your hands the culmination of decades of trial and error. There was a time in my life where my stress levels were through the roof and the matter how hard I tried to "fix" the problem, the worst things got. I simply wasn't aware of the real cause of the problem. It was like swatting at flies thinking that if I had "more" (money, love, stuff) - that would fix the problem.

But something interesting happens along the way of struggling and trying to "get ahead"...

You realize that you're struggling ***against yourself***. And the mind that tries to keep figuring things out is actually **the very source of the problem**. If you make that discovery - without some form of training, the ego steps in and feels guilt or blame for having been the cause. That blame game usually stops people from ever getting further into resolving the very issues that bother them most.

In other words, the more the mind tries to figure out the problem, the more it's like a dog chasing its own tail. Why? Because the normal mind thinks it's the cause ***and*** the cure. It believes in the old phrase "I think therefore I am". And the problem with getting caught up in thought (and the unintended emotions that most thoughts caused) is that you experienced the same thoughts over and over again.

## "60,000 Thoughts"

It's been said that we think anywhere between 50 to 60,000 thoughts per day. That's a lot of thoughts! Whether that's totally true or not isn't the point. The point is our minds are always active. The moment you wake in the morning until you fall asleep, your mind is always on.

Do you ever feel that sometimes you wish you could just take a vacation from all the stress in your life? Do you feel that almost every direction you turn something triggers you?

It could be your finances. Or a family issue. Or a job issue. For some it's health issues or how to have enough energy to get through your day. Then there's how you feel about yourself and whether you can feel your own self love.

You're not alone. Especially at this time in our civilization. For many, they're just one trigger away from maximum stress and overwhelm. There are many people who are at "max stress" and I have no real idea how to get rid of the stress.

Right now as you're reading this, check in with yourself and ask "What's my level of stress?"

Honestly, take a few moments and really check in with yourself and how you're feeling.

(You'll see why this simple question can be so powerful in every phase of your life). Don't be concerned whether the stress is high or low. The key is in the power of the question itself.

## **Becoming aware of your thoughts (and feelings)**

For thousands of years, when people would seek out masters, they were all hoping to find "the answer". The challenge for looking for the answer for most people is that the hidden intent in finding it is **avoiding** how they're feeling. This avoidance becomes a central strategy for most people because it temporarily prevents you from having to feel the negative feelings when problems pop up..

## **Avoidance = Resistance**

You've heard the phrase "Whatever you resist, persists". Another way of saying it is "the more you avoid or fear something, the more power that you give it". As you read this book, several things will begin to dawn on you.

1. There are no emotions you cannot face or process
2. The mind is the central cause of all your life issues
3. The more you awaken your mind (and tap in to the limitless powers of your Heart), the more freedom you will experience

And the technique of the Serenity breath will free your mind and awaken your Heart in ways that will simply amazing. That's not conjecture. It's a fact.

## My Story

For years, I used to carry anxiety with me that was enough to stop or a large horse. My shoulders were tight, my neck was tight and I had anxiety in every part of my life. I felt insecure, I over analyzed everything (not just my career but my relationships as well). it seemed that every direction that I turned, success eluded me.

While I was working with a therapist, she asked me one simple question that changed my entire life. She asked me "Would you like to try something Paul?" And of course I said yes. She said "Lie down and I'm going to share something with you". So I did. And I found her simple directions.

She said to me, "Place your hands in your chest and take a nice deep breath". So I did, wondering "what's this all about?". But I trusted her so I thought that we were going in some direction that would help me.

So then she said to me "no place your hands on your belly and take a nice deep breath". I did so and waited for her to guide me. She asked me "What did you notice?"

I said "Hmm, when my hands were on my chest they moved".

And what she said to me next was the game changer.

"That's just the opposite of how it should be". For a moment I was puzzled and yet I knew something truthful was being revealed. Something that would change the entire course and direction of my life. She said "Your breathing is wired exactly backwards, and that is the source of your stress".

I thought to myself "Wow, could it be this simple?" – Knowing that the Breath is our most powerful source of life. She said to me "I think your only problem is anxiety and the more you practice breathing from your belly, the more your tension and anxiety will release".

She said to me, "The cause of anxiety for most people is shallow chest breathing. Whenever I work with someone who is stressed it's the first thing that I help them become aware of. When they get their breathing back in harmony, the rest is easy".



Oh man, I got it, I mean I really got it! From that point forward I incorporated being aware of my breath into virtually every part of my life. At first it was difficult to let go of the old way of breathing.

This book will help you remember and experience your own “harmonic“ or resonant breath. It will help release stress and negative emotions. It will also help in very practical ways. It will help with how you communicate with people. It will ease tension about things like your finances.

Edit also has incredibly practical benefits for your health. Because the more connected you are to your breath, the more relaxed you feel and thousands of studies show that when the mind is relaxed the body follows. In essence, the breath is your single greatest tool to feeling better.

And it can add years to your life...

I call it the Serenity Breath and it's helped thousands of people let go of stress of all kinds so they could move forward with their lives with energy, clarity and passion.

And maybe the best gift of all is it brings you back to serenity and peace within yourself.

Throughout this book, you will see an image like this:



This image signifies for you to take a moment, step back and notice how you're breathing. It's like a little "mini stress break" the middle of your day.

As you learn the steps of the Serenity Breath (and how simple it is to practice) you begin to realize that these little "stress breaks" can give you the very relief and peace you've been looking for.

*"A change of mind is simple but a change of Heart is transformational"*

- Paul Bauer

## Case Stories

### Elizabeth from California

Elizabeth is the President of a leading medical company. She's been a meditator for years and has been interested in spiritual and personal growth for as long as she can remember. Elizabeth made a surprising discovery one day. While she was practicing the Serenity Breath and focusing on each breath, she made a startling discovery.

In her own words "I discovered I was shallow breathing! I would never have imagined that after all the years of practice in Meditation and related exercises that I've learned that I would be a shallow breather!" as she looks back, that was a breakthrough day for her in multiple ways. She's now able to handle her daily tasks with ease. She says "the things that used to bother me don't bother me at all anymore!".

She tested her Heart Resonance Score with the Serenity App and after that breakthrough, she said the highest score she's ever had! (The higher the scores the better). (See more about the Serenity App [here](#))

She now shares Serenity with all of her company and she has noticed a dramatic shift and not just how they perform but how they feel about themselves and how they treat each other. And of course their customers love it because the whole staff now is calm and centered.

And you know that when you work with anyone in customer service, the more gentle they are with you the more respected you feel as a customer.

## **Kathy (story of a healer with a hectic schedule)**

Katy is a healer and works with on the average 5 to 8 sessions a day. She has her hands full helping people clear emotional traumas, healing mind and body, clearing belief systems and a range of other spiritual services.

Occasionally, when she starts feeling stressed, she takes a little “Serenity break” and practice is the Serenity Breath for about two or three minutes. She says “just a couple of minutes in the morning in the afternoons with a Serenity breath gives me the energy I need to make it through my day.

But it gets even better...

Now she teaches it to her clients and they tell her that they’re feeling much better between sessions! She told me recently “Paul you really onto something here! You can teach the Serenity breath to virtually anyone and it doesn’t take them long to understand how to use it and experience the benefits“. So glad you created this amazing process!

## **Angie - A full-time nurse who takes care of trauma patients**

Before she started using the Serenity Breath, her stress levels are were in her words a "12 out of 10". When she started practicing the Serenity Breath process, The first day she noticed a significant difference in how she felt.

Suddenly the overwhelm she felt dropped by more than half. She had more energy and was able to handle more even with the same stressors she had in the past. this alone was a major breakthrough for her. But the more she practiced, the more she realized that it wasn’t just about stress, it was about more energy, more focus and more clarity.

Now she takes time every day (several times a day) to practice and cheese noticing that every time she uses the Serenity Breath, it strengthens her resilience and her ability to handle even the most complex tasks, projects and challenges.

Her coworkers were so impressed that they asked Angie to train them how to do the serenity breath and they have made their own major breakthroughs. Her boss has told the hospital administrator how amazed she is with her staff and her team has become the model for the rest of the hospital.

## **Brian - President of His Software Company**

For over 10 years Brian worked for a major corporation and was very successful, but over the years, he lost his passion for working for someone else. So he began his own company and create a unique software programs that people loved.

But Brian overlooked one thing, he did not realize the stress that he would encounter having his own company. At first he did everything, he was the product creator, the quality control manager, the shipping manager, he helped with customer service and did troubleshooting. All this in addition to creating new programs and innovating the existing ones that he had.

After just a couple years in business, he hit the overwhelm point that most entrepreneurs hit. And he wasn't sure which direction to turn. Did he need more management skills? Did he need to release all patterns and beliefs? Or did he need just a simpler way to deal with the stress that he had?

He found the serenity breath while doing some searches one day for stress relief and he was pleasantly surprised how simple it was to use. But would really surprised him was just how much better he felt after practice in just a couple of times.

In Brian's own words, "For me, Serenity is like a breath of fresh air, it dissolves any stress I feel within minutes and I feel like I've got my game back on. I've never anything so simple and yet so powerful! My earnings have more than doubled and my stress levels have dropped in half. Everyone in my team practices the Serenity Breath and I've never seen a happier group of people produce such incredible results!".

# The Breathing Test

You may recall my story from the intro chapter about my therapist and how she helped me understand that my breathing was wired exactly backwards from the way that it should have been.

That day changed my entire life.

Because what she helped me discover was a ***fundamental shift*** that was deeper than any of the symptoms that I had been feeling in between therapy sessions. It's so fundamental that unless you get this one thing right, everything else you do (techniques, exercise, meditation, mindfulness, therapy, etc.) will just bounce right off the surface.

In fact, this fundamental shift can be the very thing you've been looking for all this time. And yet it's been hiding in plain sight

It's the rhythm (and frequency) of your breathing.

Let's review a few key factors:

Tight or constricted breathing = stressed thoughts and emotions

Calm centered breathing = clear mind, inner peace and relaxed body

The more stress you feel, the tighter and more constricted your breathing is. At least 80% of all people breathe improperly. Maybe that explains why so many people have so much stress in their lives and struggle to get by?

Every issue in our lives can be traced back to the quality of our breathing. Whether it be in your relationships, your career, your finances and especially how you feel about yourself. We'll discover more in depth throughout this book but let's begin with a simple test to determine the quality of your breathing.

## The Breathing Test

Lay flat on the floor or on your bed. After you're comfortable, proceeding with the next steps.

1. Place your hands on your chest and take a nice deep breath...
2. Now place your hands on your belly and take a nice deep breath...

### ***What difference did you notice?***

If your hands moved more when they were placed on your chest, your breathing is like mine back at the therapist's office years ago. It's "wired backwards".

But if your hands moved more when you breathed from your belly then you're off to a great start!

When you think how a baby breathes, they breathe from their belly. It's natural and instinctive and flows effortlessly. That's our natural rhythm but due to life events and experiences, that rhythm can be disturbed or thrown off.

Let's say your hands move more when placed on your chest. What does this really mean? It means that you've developed a way of breathing due to the events of your life. Maybe you had a stressful childhood. Maybe your breathing pattern changed while you were in college feeling all the tension of test after test. Or maybe it was a series of traumas like an auto accident or a death of a loved one or watching something like the events on September 11.

No matter how it happened, if your breathing is tight or constricted in the chest, you can correct it and rebalance it in a matter of days. I can say this from experience. But back then I had no breathing book and I had no process to follow - so you my friend have it ***much easier*** because the Serenity Breath gives you a specific way to breathe (and your level of breath and Heart resonance can you be tested with the Serenity App - see here for more).

In chapter 4, we go to detail on how to do the Serenity Breath process but it's helpful to understand the basics before you even begin to practice.

The more you consciously practice your breathing, The more in tune you will feel with your mind and body. But there are many benefits beyond just those two elements.

You'll feel more peaceful. You'll experience a connection with your Heart. Your emotional and mental resilience will increase. Your blood pressure will drop. Your Heart rate will decrease.

***And that's just the start.***

Some people will be satisfied with these benefits. Others, knowing that the breath frees the mind and the Heart will be open to exploring and discovering more.

In this book we talk about both.

*“We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started and  
know the place for the first time.”*  
- T.S. Eliot

# Chapter 1

## The #1 Cause of All Stress

I have a question for you. Would you build a house on a broken foundation or one that leaks? Of course you wouldn't. And yet the vast majority of people have built their lives on a foundation that does not support a strong vibrant life.

What is the foundation I'm referring to?

Relaxed and centered breathing from your belly (not your chest).

As you discover your own breathing process, you'll be amazed at how making just a few small shifts your breathing practice can create tremendous and practical results in your life.

Here's something to remember. ***If you want to control your stress or how you think, feel and function - then start by getting control of your breathing.***

The central cause of all stress is constricted or “shallow” breathing. The more shallow the breath, the more the breaths that you have to take. The more frequent the breaths, the more stress you feel.



As you learn to shift your breathing patterns, you will free yourself in ways that will bring such joy to your Heart and peace to your mind that it will astound you.

If you're saying something like "if it was that easy why doesn't everybody do it?" Or how can something so simple work so well?" Or even, "It seems too easy or too good to be true"...

I understand.

There was a time in my life where I felt so stressed, I would **never** have believed that a simple breathing process could help melt that stress and give me a new way to move forward in life.

Just so you know, those questions come from the same mind that feels the anxiety and the stress (and cannot fix the problem because it does not know that it's part of the cause).

Once you learn how to do the Serenity Breath and practice it throughout your day, you will see practical results begin to show up. Things that used to stress you become just challenges. In other words, you no longer feel the emotional "hit" or trigger, the kind that used to bother you and zap your energy.



## **The Nature of the Mind**

Let's talk about how your mind works...

The very nature of the mind is to find problems and fix them. It's always noticing things that "aren't quite right". Whenever things are in disorder, it thinks it needs to fix that disorder (and in many cases won't let go until it's fixed).

But the problem isn't in what's "out there".

It's how you think and how you feel. And how you think and feel it's based on the accumulation of experiences and the beliefs you formed due to those experiences. When the experiences were positive, you formed beliefs that were uplifting and beneficial for your growth.

But life doesn't always go the way we want. In fact we've had many traumas and negative experiences in our lives and in order to adapt, we created beliefs and feelings to help get us through those events. The problem comes in when something triggers those old memories and beliefs. And they get triggered unconsciously.

In other words without our conscious awareness. That's where things get complicated. We don't have the time or awareness of how to deal with those old triggers and emotions, they've got to go somewhere and for most people they avoid them or try to push them away. The problem with this strategy is that it makes matters worse.

Sooner or later we have to deal with those emotions (and the energy behind them).

Let's talk about some of these emotions beliefs and how they're stored in the brain. The brain is made up of hundreds of thousands of neural networks.

Neural networks are clusters of thought forms and memories. Every thought, feeling, sensation and memory is stored in the mind. That goes for both good and bad memories.



Neural networks of the brain

The real problem comes in where the NRM's (Negative Reinforced Memories) take over your thoughts and feelings and you become their victim. You know when this happens because it's not just one or two moments of feeling stressed. We're talking about chronic stress. Chronic states and feelings of anxiety, tension, scarcity, fear, anger name a few.

The central cause of all those emotions is the Restless Mind. It's the mind that can't slow itself down or figure out the real

problem. Because it's been habituated into thinking The same thoughts over and over again. And the same thoughts that repeat, create emotions in the body.

As the author Joe Dispenza says, "Thoughts that fire together, wire together".

In other words the more you think a thought (especially if there's a negative emotion attached), the more it creates its own neural network in your mind and body.

This explains why when you have certain thoughts, that your neck feels tight or you feel a pit in the center of your stomach. If you notice how you describe a problem to a friend, you'll be one step closer to solving the very issues that bother you most.

Here's some examples...

"My boss is such a pain in the rear".  
"He's such a pain in the neck".  
"That just breaks my heart".  
"I can't stomach the way he treats her"

You get the point. Yes, our words are literal (especially to our subconscious). Whatever words you think and say create their likeness in our mind and body.



## **The Body Is the Mirror of the Mind**

The more you think thoughts over and over, the more your body becomes those thoughts. It's a fact of nature. As Candace Pert, the author of "Your Body Is Your subconscious" states: "Your mind is in every cell of your body". Every thought, every emotion gets picked up by the body. And the more that you think and feel a certain way, it creates "fused states" that embed themselves literally into our tissues.

If there's a reason to transform negative emotions that cause you stress that may be the biggest one. The fact that your body holds onto the old emotions from your whole life (and beyond). This may give you the very leverage you need to do something about it!

Becoming aware of your thoughts and feelings is the first step to freeing yourself. And when you practice the simple breathing technique in this book, it can:

1. Calm your mind
2. Relax your body
3. Open your Heart
4. Awaken your mind

And that's just a start...

Because when you relax the mind, the energy spent on trying to avoid or resist problems can be used in ways that empower you. Here's what I mean. Think of something that stresses you. It's OK, you can think of something that is a major stressor. No ask yourself "How intense is that energy? In other words how much energy does it consume?"

## **A Major Shift**

The more intense a stressor is, the more energy that it takes from us. But here's the secret of things that stress us. They're not stressing us, we are trying to push them away and avoid them. And the more that you avoid them, the more energy that it takes to keep avoiding it.

It's like being in a pool and someone throws two or three volleyballs to you and they tell you that you have to push each one down and hold them underwater. By the way, each ball represents one stressor in your life. You can hold one or two or maybe three of them underwater but if you're given any more, they become unmanageable.

Now here's where it gets interesting...

The moment you release one of those balls, what happens?

The ball doesn't just come up quietly or gently. It comes up with as much force as you had to use to try to keep it under the water. That's what I mean when it comes to the amount of energy that it takes to push the stressors away in our life. It's the "pushing away" that drains our vital energy.

*"So you're not suggesting that we embrace every stressor in our lives are you Paul?"*

Not exactly...

What I am suggesting is there is a simple way to let go of the stress the moment you begin to feel it in a way that makes it easier every single time you do it. That's the essence of the Serenity Breath. You'll learn the power of the Serenity Breath in **chapter 4**.

It's critical that you understand the nature of the mind even before you practice the Serenity Breath. Because when you become aware of your thoughts and feelings, you're already greater than halfway through dissolving whatever stress you feel.

Or as Vernon Howard would say

***“The very act of noticing is a state of strength of an by itself“***

As you read more, you'll learn how to rewire your breathing pattern so you can dissolve literally any form of stress or challenges that pop up in your life.

Life is about to get easier my friend...

This is going to be fun!

# Self Assessment

On a scale of 1 to 5, check in with yourself where you are with the following questions.

	<b><u>Your Score</u></b>
1. My stress levels are manageable	
2. Stress gets the best of me	
3. I feel stressed frequently throughout my day	
4. It's hard to calm my mind	
5. I practice meditation daily	
6. I've tried meditation but it's difficult for me	
7. My stress negative affects my career	
8. My stress affects my love life	
9. My stress affects my health	
10. My stress affects my finances	

## Your Score Results

0-20

21- 40

40-50

## Let's Review

- The central cause of all stress is constricted or shallow breathing. The more shallow the breath, the more the breaths that you have to take. The more frequent the breath, the more stress you feel.
- The very nature of the mind is to find problems and fix them. Understanding this key points gives you leverage so you can step back from the mind (even when problems pop up)
- The body is the mirror of the mind. The more you think thoughts over and over, the more your body becomes those thoughts.
- Becoming aware of your thoughts and feelings is the first step to freeing yourself. The more aware you are, the more energy you have.
- The more intense a stressor is, the more energy that it takes from us. But here's the secret of things that stress us. They're not stressing us, we are trying to push them away and avoid them. And the more that you avoid them, the more energy that it takes to keep avoiding it.

# Chapter 2

## The Power of the Serenity Breath

*"When you were born your whole body breathed. Every cell quivered with the vitality of the breath"*

*- Donna Farhi*

If you recall, in the Intro I shared the story about the therapist that helped me understand that my breathing was wired backwards. The simple lesson I learned that day has changed the entire direction of my life for the better. Sometimes it takes a mentor of some kind to show you the way. And once you know that way, you are transformed.

That is my intent with this book for you my friend. As the poet Ralph Waldo Emerson once said:

***"To know even one life has breathed easier because you have lived, this is to have succeeded."***

*- Ralph Waldo Emerson*

To help you "breathe one breath easier" is why I have chosen to write this book and help people of all kinds become conscious of their breathing and experience the lightness of being they deserve.



## Is Breathwork Just a Spiritual Practice?

The benefits of the Serenity Breath aren't just spiritual, they're as practical as you can get because when your breathing is out of rhythm, it throws off how your mind works, how you make decisions and how you communicate with others. But when your breathing is in resonance, your brain, Heart and body all work together in synchrony. This synchrony gives all of your vital organs, muscles, blood and Heart the energy that it needs most.

In the state of resonance, you have all the energy you need to accomplish your daily goals and tasks. It gives you resilience to handle virtually any challenge. and you could build that resilience over time. And the best news is, the more you practice the Serenity Breath, the more it strengthens your Autonomic Nervous System (ANS) - The part of you that controls the fight or flight or rest and digest response.

In other words the results are cumulative. Each day you practice, the more peaceful and resilience you become.

Before we get to mastering the Serenity Breath, here are few challenges that most people encounter along the way.

### **Problem #1**

Most people breathe from their chest, not from their belly (shallow breathing)

### **Problem # 2**

Most people breathe too frequently (breathing too fast)

### **Problem #3**

Shallow (fast) breathing causes more stress

Back in my 20s, I had each of these challenges that effected everything I did. It limited my athletic success. I felt super stressed in my career. I had trouble with love and relationships.

But most importantly, the effects of constricted breathing affected my self-worth and confidence. In one short month, I lost my job, the woman that I was going to marry, and all my confidence.

That was when I was 26, I hit rock bottom and I knew something had to change.

The stress in my body was so tangible that my shoulders were tight and you could see that I was unconsciously holding them tightly. As a result, I had frequent neck aches and body aches.

That's where learning how to breathe properly came in...

***You are where you need to be.  
Just take a deep breath.”***

— Lana Parrilla

In our western culture, we tend to be in a hurry to get more and are dissatisfied even when we get it. We have more creature comforts in our culture than any culture in history. And yet we are the least satisfied of all of our ancestors. Why?

One reason is because we've lost touch with Nature. We seem to forget that the very life force we need most is not in our homes or offices, it's in the forests, lakes, streams, oceans and mountains.

In his book called *The Nature Principle*, Richard Louv states "There's one critical vitamin that we're missing when we feel stressed. That's Vitamin N. "N" for Nature. The problem for mankind is the more technology we have, the more out of touch with Nature we become.

Could it be that simple?

Could it be that being out of rhythm with nature is the central cause of all of our problems and challenges in our life?



## **Your Inner Rhythms**

In your own body, when your mind is out of rhythm with your heart, you automatically feel stress. And that stress can be measured through what's called Heart Rate Variability (HRV).

The higher your stress, the lower your HRV. And the more peaceful and connected you feel, the higher your HRV.

One of the best things to know is that you change even stressful rhythms into peaceful ones. And the most powerful way for you to do this is through your breath. Because your breath gives you access to the Autonomic Nervous System (ANS) we spoke of earlier. At first, it boggles the mind that's something so simple can be so powerful.

## **The Research Behind the Serenity Breath**

In addition to the spiritual masters teaching breath work for hundreds of years, modern science has recently proven that there's a specific frequency of breathing known as resonant breathing that can rebalance your mind body in just minutes. And measuring your HRV helps you see that the practice of the Serenity Breath actually works.

Research done by Drs. Vaschillo and Lehrer has proven there's a specific breathing pattern that creates the most optimal Heart Rate Variability (HRV) and rebalance is the mind-body energy system.

## **The Resonance Breakthrough**

They discovered that when you breathe at the rate of 5.5 to 7 breaths per minute, you create the optimal state of resonance and balance between the brain and Heart. In the state of resonance, built-up stress begins to dissolve naturally.

The research showed that the more a person breathes in resonance, the more their heart rate decreases, their blood pressure normalizes, and the systems of the body come back into natural harmony and order.

Think of it this way...

## **Resonance = Life**

Within all of us, we have access to in control of one vital function that can change literally everything in our lives. It's the rhythm of our breathing. In this little is three sessions, you can make significant changes in your stress and energy levels. (And if you need proof, check out the Serenity HRS App here)

## The Fight or Flight Response

There are dozens of techniques to help relieve stress. The problem with many of them is they work at only the mind level. Changing stressful thoughts is simple.

The real problem is the stress you feel ***is in your body***. When you experience stress over long periods of time. It's considered chronic stress. And because of this chronic nature, it accumulates in your tissues, organs, muscles, blood and brain and can become one of the central causes of aging and disease.

For anyone wanting to live longer and healthier, you want to balance the amount of stress you experience.

## Controlling the Stress Hormone – Cortisol

When our body senses stress, it secretes the hormone called . It's often called the "stress hormone" due to its association with the state of stress in our bodies.

That's because levels of cortisol in the body spike during times of high stress.

Cortisol is produced by the adrenal glands.

This connection between the hypothalamus, pituitary gland, and adrenal glands (also known as the HPA axis) forms the backbone of the body's stress response system -

Serenity breath can help you dramatically lower your cortisol levels and drop out of the "fight or flight" response and engage the rest and digest response instead.



## Let's Review

- In the state of resonance, you have all the energy you need to accomplish your daily goals and tasks. it gives you resilience to handle virtually any challenge. and you could build that resilience over time. And the best news is, the more you practice the Serenity Breath, the more it strengthens your Autonomic Nervous System (ANS) - The part of you that controls the fight or flight or rest and digest response.
- In other words the results are cumulative. Each day you practice, the more peaceful and resilience you become.
- Shallow (fast) breathing causes more stress. If you want to reduce stress, practice a slower rate of breathing
- The more you can get in touch with your breathing and slow your breath pacing, the more you lower your cortisol levels (also known as the stress hormone)

# Chapter 3

## Mind Body Awareness

A quick question for you...

How do you know you're breathing properly?

If you're not sure whether you're breathing the right way, here is the simple test. Ask yourself "How do I feel? When you scan your body notice how you feel in your neck and shoulders? Are they tense or relaxed? The more stress you feel, the more that tension builds. Also check your solar plexus and how your gut feels.

### "Your Body Never Lies"

In the words of Dr. David Goodheart, "*Your body never lies*". It's always telling the truth about something that is unresolved in your mind and your emotional state. Your body is the "record keeper" of all the thoughts and emotions you feel on a daily basis. The longer you hold stress, the more difficult it is for your body to hold that stress. That's why there's so many stress related diseases.

But it's not the stress itself that's the problem. Dr. Kelly McGonical in her book called "The Upside of Stress" talks about the study that changed her entire perspective on psychology and how people respond to stress. She discovered a study conducted over 10 years of 180,000 people that revealed some startling facts. Study showed that people that had a positive view of stress not only lived longer but also had a higher quality of life.

The people who lived the longest and had the least amount of disease had one thing in common. They all saw Stress as an opportunity of some kind to grow

and learn. Whereas the people who had more disease and died earlier due to stress as something negative, to fear and avoid.

Could it be that simple?

Could it be that we've gotten stress all wrong?

## The Mindset Shift

In other words, instead of fearing or avoiding stress, what if we were to embrace it? That simple mindset shift changed Dr. McGonical's entire practice and how she worked with patients. From that point forward, she helped her patients change their mindset about stress. And that single shift helped her patients make dramatic breakthroughs in their mental, emotional and physical health.

Here's the cool thing. When you combine a mindset shift with the serenity breath, your results will simply amaze you. Why? Because the breath as you know helps "reset" your nervous system and helps release the trapped emotional energies in your mind and body.

So here's a simple formula for you to consider...

### ***Serenity Breath + Mindset Shift = Inspired Results.***

If you use the Serenity Breath on its own without changing your mindset you'll still get wonderful results because it helps free the trapped thoughts and emotions in your mind, nervous system and body.

*But when you **combine** a shift of your mindset **with** the power of the Serenity Breath, there is no stressor that can ever overtake you.*

It's that simple. A shift in mindset helps you see things differently. It changes your perceptions of how you see the world.



Adding the Serenity Breath to that mindset shift is like putting rocket boosters on an already powerful rocket. You get the best of both worlds.

Your mind does what it does best and your body (combined with your Heart guidance) become your “North Star” to guide you on your journey. That journey becomes filled with love, joy, gratitude and lessons that help you grow beyond what you thought was possible.

## “A Better GPS”

But the addition of the Serenity Breath does more than just add power. It adds deep wisdom, clarity and direction because it helps restore the natural balance of your mind and heart. This natural balance allows your Heart to be your essential guide, better than the best GPS ever made.

## The Paradigm Shift

The time has come to let go of the mind control your life my friend. It’s time to come back into balance where your "mind is in the service of your Heart". That phrase came to me years ago when I was working with a gifted healer and she had me test whether that phrase was true for me or not. The instant she spoke it I knew that it wasn't true for me (at that time).

So it cleared in a matter of a minute and my life has changed dramatically ever since.



**Your Heart is better than a  
any GPS ever made**

***"My mind is in the service of my Heart."***

The problem with relying on your mind is that it will tell you things that you want to hear (and also the opposite). The mind is a trickster. It’s easily seduced. When things are going well in your life, your mind thinks that it’s in control (and takes all the credit). But what happens when your life is out of balance Add times get tough? Most people think that they need to “fix” the problem and try to fill the void with more money, love, food or other addictions.



But none of that ever solves the problem.

The real solution is to let go. Let go of thinking from the problem mind. And stepping back from your thoughts and your emotions and letting your heart step in and be your central guide.

At first that concept seems difficult but that's only because you've built the habit of thinking about your mind "runs the show". Like the question above when I asked you how do you know if you're breathing properly, another way of asking is "What's going on in your life?"

The answer to that question will tell you everything about your breathing.



If your story is about pain and struggle, your breathing is tight, constricted and out of rhythm. This is not about judgment. I've certainly struggled many times in my life, but those struggles woke me up and I chose to learn from them rather than avoid them. And each time a challenge shows up in my life, I check in with how I'm breathing and how I'm feeling.

That simple "check in" is one of the simplest yet most powerful things you can do for yourself. Because it allows you to step back from the problem that shows up and understand that you are not the problem. You are "the one who observes". you are the one who notices. You were the one who shines the light...

"And whatever you shine light upon becomes the light..."

### **This Works in the Real World**

Aside from the testimonials of the many people who have used the Serenity Breath, there are countless times the Serenity Breath has helped me melt stress like butter. One great example is in the writing of this book. My mind at first thought it would be relatively simple but then when it comes to actually writing multiple chapters, my mind would kick in and my stress would shoot up...

So I practiced the Serenity breath and every single time my stress drops dramatically. But there's something else that happens in the process when we practice the Serenity Breath. You gain access to energies within you that you

didn't even know where there! And by excess what I mean is you reclaim those energies and they become boosters for your mind and body.

In other words, every time you feel stress and you practice the Serenity Breath, The energy that was stuck in that stress freeze itself and gives you energy (instead of taking it away)

This is part of the paradigm shift. Remember when we spoke about the mindset shift Plus the Serenity Breath?

### ***Serenity Breath + Mindset Shift = Inspired Results.***

Something truly amazing happens when you make this shift. Problems that used to haunt you instead become teachers that help guide you towards a more inspired future. Every time you practice the Serenity Breath, you reclaim a part of yourself that you had forgotten.

This book is both practical and spiritual. You can use the process that you're about to learn to cut through literally any stress you encounter. And if that's all the Serenity Breath helps you do, it would be incredibly valuable.

### ***But there's more to the Serenity Breath than just stress reduction...***

It's a way of being and living. In other words, it helps you reconnect to your core and when you're connected at that level, something profound shifts within you. You no longer live at the mercy of the limits of the physical world.

You free your mind and awaken your Heart. Dr. Maxwell Cade called this "The Awakened Mind". It's where your mind and Heart become one. The Chinese don't see them as separate. They even have a word that signifies the Heart/Mind. It's called "Xin", (pronounced "sheen").

When you activate and experience your Heart/Mind connection, you feel connected, energized and ready to take on life. I share the concept of the Heart/Mind so you can understand there's far more to life than "staying busy" and trying to "get ahead".

Yes, there are days when I use the Serenity Breath to decrease stress but I don't stop there...

Because as I let go of my mind (and what it thought was more important) I surrender to something far more powerful than my mind. I experience the unconditional love and presence of the Divine through my Heart.

There was a time I did not speak or think like this. But I now realize that many of the things that used to be important to me are no longer. There are certain patterns we outgrow. The real sign that you are living your purpose and are connected to your heart and soul is the amount of peace and serenity you feel.

Yes, there are tough times and challenges we all encounter. The question is when does challenges occur, will they distract you from your purpose and you were truth? Let's delve further into the heart and discover more...

## **Your Heart Is Your Center**

Your Heart is the core of who you are. It holds the keys to everything you feel and hold most important in your life. It processes the emotions you feel. It has access to God and the Infinite.

I was much more "practical" and left brained but I had a very special person in my life showed me the ways of the Heart. It took me several years to begin to understand the real powers of the Heart. At first I used to discount it is "touchy-feely" or "new agey" that's because I simply didn't understand it.

My wife and I used to do seminars in Hawaii, Sedona add the Chicago area. Are used to watch the effect that she had on people and she practiced her "Heart magic". And I was amazed. In a matter of minutes I watched people transform in front of my own eyes. It didn't matter what backgrounds they came from or how difficult their problems were.

They all had an experience of the love within their own Heart. All of us were transformed. And I was fortunate enough to experience this for more than 15 years. I am not the same person as I was before I met my wife and experienced her gifts of the Heart.



Unfortunately, she passed due to complications with cancer several years ago. But she is one of my guides and I will never forget the love and lessons that she taught me.

What does this have to do with your breathing and feeling better?

Everything!

Because the more you practice the Serenity Breath and get in touch with her you feel and allow yourself to let go of the stressors and challenges you face, the more you in touch with your Heart you will be. And the more connected to your heart, the happier and more fulfilled you will feel.

And it only gets better...

## Let's Review

- How do you know you're breathing properly? Ask yourself "How am I feeling". If you feel the tension or any significant stress, you know your breathing is constricted
- A study conducted over 10 years of 180,000 people that revealed some startling facts. Study showed that people that had a positive view of stress not only lived longer but also had a higher quality of life.
- The people who lived the longest and had the least amount of disease had one thing in common. They all saw stress as an opportunity of some kind to grow and learn. Whereas the people who had more disease and died earlier saw stress as something negative, to fear and avoid.
- Say this yourself whenever you feel stressed "My mind is in the service of your Heart".
- The simple formula to remember is "*Serenity Breath + Mindset Shift = Inspired Results.*"

*"Remember to breathe. It is  
after all, the secret of life."*

- Gregory Maguire

## Chapter 4

# The Serenity Breath Process

Your ability to be conscious of your breathing patterns and rhythms is your ability to transform your life. You're about to learn a process that's deceptively simple and get it has the ability to transform your mind and body in ways that few methods ever can.

One of the leading researchers in the mind-body field, Dr. Patricia Gerbarg states:

*"Because breathing has such a strong impact on our thoughts and feelings, it provides a portal through which we can send messages to our own nervous system to quiet our minds, reduce defensive over-reactivity and enable us to feel safe, close, loving, and loved."*

### The Incredible Benefits of the Serenity Breath

When you speed up and slow down your breathing, you activate the sympathetic and parasympathetic responses of the nervous system. By changing the pattern of how you breathe, you change the pattern of the energy and information being sent to your brain, heart, nervous system and entire body.

Every moment of your day, you have an amazing opportunity to bring yourself back into a state of **resonance** - *the balance of mind, Heart and body*. And when you feel that resonance, it feels like a state of harmony and peace and gives you all the energy you need to move through your day and accomplish your daily tasks.

Stressful thoughts and emotions are replaced with a calm centered feeling. You sleep better because your mind is relaxed. New research shows that the better you sleep, the better your Brain and body functions. But it gets even better...

If you want to optimize your mind and body and prevent the wear and tear of the aging process, your sleep quality is one of the biggest predictors of the aging process.

## **“Calming the Fire” (the Fight or Flight Response)**

Each time you practice serenity breathing, you activate the Parasympathetic Nervous System (PNS) response (rest and digest) and decrease the sympathetic response (fight or flight). The more stress you feel, the more your Sympathetic Nervous System (SNS) is activated which can turn into a vicious cycle - more stress = more cortisol, etc.

*Sympathetic response* = fight or flight

*Parasympathetic response* = rest and rejuvenate

The key is balancing the sympathetic and parasympathetic systems because both play an important function. It's not about eliminating all your stress, it's about seeing your stress in a new way and releasing your attachment (or avoidance) to what creates it.

## **The "Why" Behind The Serenity Breath**

You may remember my story of working with a therapist years ago when I had significant amounts of anxiety. With her help, In a matter of minutes, I became aware that my breathing was constricted and I was breathing **exactly opposite** of the way that I should've been!

***That day changed my entire life.*** As I look back, I see how that simple shift with my therapist's guidance helped me release enormous amounts of built-up stress. And once that stress was released, everything got easier for me!

I had no idea that such a simple change would yield such dramatic results.

The real work began after I left her office. *Because I had to make that shift part of my everyday life.* But I didn't have the process that you were about to learn.

Had I had this process earlier in my life, I can only imagine the wonderful gifts that would have given me. But now you have this process, a combination of years of research into the power of the breath and how it touches literally everything in our lives.

Before we begin the steps of the Serenity breath, it's vitally important to understand its purpose. In other words its "Why".

It's been said that you could go days or weeks without food, hours without water but not more than a couple minutes without breathing.

Because your breath is the source of Life of your entire body.

No breath = no life.

Here's an interesting way to think about your breathing...

Constricted breath = constricted life.

### ***It's that simple.***

But when your breath is open and flowing, your whole approach towards life changes. And the more you practice the Serenity Breath, you discover that it ***gives you energy***, awakens your mind and opens your Heart in ways you might not have imagined possible.

When you think about it, how do you breathe in your *normal* everyday life?

Then, think about how you breathe when you're on vacation.

If you're like the rest of us, you feel a dramatic difference when you're on vacation.

You don't just breathe a little bit different, you breathe a LOT different.

You've experienced major stressors in your life. And you know how that affects your mind in your body. But the more stress we feel, the more constricted our breathing gets. And that constriction begins to dramatically diminish our life



force and our minds ability to adapt to the very stresses that show up on a regular basis.

## Turning the Tide on Stress

You can't change the stressors, *but you can change **your response** to them.* In other words, instead of the stress is mastering you, *you begin to master it* instead.

What you begin to use the Serenity Breath, you stack the odds in your favor.



## The Power of Paced Breathing

The frequency of your breathing directly affects every organ, system and function in your brain and body

The discovery that Drs. Vaschillo and Lehrer made was the pace of breathing was the key that unlocked the ANS (Autonomic Nervous System). This discovery is **groundbreaking** because for the first time, the average person has the ability to access the built-up stress in the nervous system and release it with a simple breath practice.

Most people breathe mostly from their chests and breathe too rapidly. The average person breathes at a rate of 12-18 breaths per minute. That pace of breathing is one of the central causes of stress, hypertension, blood pressure issues and host of other physical, emotional and mental ailments.

The discovery that Vaschillo and Lehrer made was that when people breathe between 5-7 breaths per minute, their heart rate, blood pressure and stress levels dropped **dramatically**. The simple shift of slowing their breathing pattern and becoming more conscious of how they breathed is more powerful than any other single method (including prescription drugs).

Because of their breakthrough research, we all can benefit by paying attention to and nurturing the precious breath of life we all have - moment to moment.

The Serenity Breath combines that research with a simple to use technique that anyone can learn in just minutes a day. Each time you practice the Serenity Breath, you strengthen your mind and nervous system as you release built up stress.

## Serenity Breath and HRV

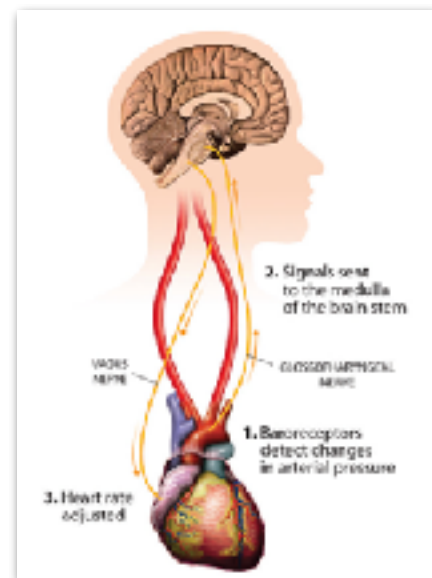
Each time you practice the Serenity Breath, you increase HRV (Heart Rate Variability). Studies have shown that the higher your HRV, the more balanced your mind/body energy is and the more peace and resilience you feel. In the next chapter you'll learn about Heart Resonance and the importance of tracking your heart energy.

The diagram below you can see the relationship between the heart in the brain. Each time you practice the Serenity Breath, it creates a flow of nourishing blood and neurochemicals that flow to your brain and the rest of your body.

Each breath, you are self nurturing and building resilience. Amazing for something so simple that we don't even think about it during our normal day.

But with the power of the Serenity Breath, now you have a simple tool that you can use throughout your day to regenerate and rejuvenate your entire mind and body.

In the next section, will talk about the steps of the Serenity Breath and how to practice it to reduce stress and strengthen your resilience.



## Breath Pacing

The basic breath pacing and your intent is the key to this process. Slow paced breathing supports your heart and increases your resilience. Your focus is to breathe at a rate of ***six breaths per minute***.

There are many methods to relax the mind and body but the fastest way (oh and the one that creates longer-term results) is slow paced breathing.

### **NOTE:**

It will take approximately 2 to 3 days for your system to become rebalanced using the Serenity Breath. Once you "reset" your breathing pattern back to normal, all it takes is several minutes a day to stay balanced.

The Serenity Breath is only effective when you make it a daily ritual, like brushing your teeth. Because once you've made a ritual, it becomes a habit. And there is no better habit to have than gentle balance breathing from your belly.

Here's the general format of the Serenity Breath.

1. Six breaths per minute
2. Three times a day
3. Approximately 3 to 5 minutes each time

### **Let's practice a simple version now...**

Find a comfortable place to sit or lay down. Set your intent. For example, "*This is my time to rest and relax*" or "*My intent is to connect with my inner self, relax my mind and body and let go into the beauty of this present moment*".

Begin by breathing in through your nose to count to five, hold for a moment, and breathe out to count of five...

It might help if you make this sound "ahhhhh" on the out breath. Some prefer listening to the sound of the breath at on the exhale. Do what you feel is comfortable.

Allow yourself to feel the sensations of your belly moving in and out, relaxing your diaphragm each time you exhale...

Each time you practice this breathing pattern, the more in touch you'll become with your mind and body.

## **The Serenity Breath Process**

This simple (but powerful) process helps you re-connect with your Essence. It takes just a few minutes to do and you can do it anywhere, anytime. The beauty of this process is it helps you release old energies and emotions that no longer serve you and feel the Light of your Presence.

The Serenity Breath activates the hypothalamus and pituitary gland. The hypothalamus is the bridge between the mind and the body

## **The Serenity Breath**

1. Close your eyes and focus on your belly. Take several slow deep calming breaths. Breathing in through your nose to count to five, hold for a moment, and breathe out to count of five...
2. Touch the tip of your tongue to your inside of your palate
3. Now, focusing on your Heart, breathe into your Heart...
4. Now, imagine that it's just before sunrise. As you continue to breathe, you feel the Sun as it begins to rise gently...
5. Place your hand on your Heart and just breathe into the Light of the Sun
6. Let this warm loving Light and Presence relax your mind and body

Continue pacing your breath at six breaths per minute.

Just breathe gently and allow yourself to let go and feel...

Breathe in the Love and the Light of that Presence...

Taking all the time you need to feel this Divine Love within you.

This is your core, your Essence

### **NOTE**

A special Serenity Breath guided imagery audio is located resource center.

For some, the steps of the Serenity Breath may appear too simple to be of any real benefit.

But that's the mind based on its conditioned filters that saying that.

In fact, the simpler the process, the easier it is to apply and experience transformation.

The secret of the Serenity Breath isn't the steps themselves, ***it's the experience you feel in your body***. In other words, when you begin to practice the Serenity Breath, your mind lets go and your body relaxes. And the more you practice the Serenity Breath, the more the stuck and unresolved energy you release.

As you learn more about how to apply the Serenity Breath, and the more you practice it, the more your Autonomic Nervous System (ANS) comes back into balance. Remember, the ANS controls your heartbeat, respiration, digestion, blood pressure and how you deal with stress.

Your breath gives you a special way to access your ANS so you can release the built-up stress and regain your energy, focus in clarity.

The Serenity Breath stimulates the hypothalamus - one of the key glands of the endocrine system. The endocrine system produces and regulates all the hormones in your body. The hypothalamus is the **bridge between the mind and the body**, between the nervous system and the endocrine system. **It is triggered by thought**, and manifests that thought in the body through the hormones. **So, the hypothalamus embodies thought.**

*“We live in an ocean of air like fish in a body of water. By our breathing we are attuned to our atmosphere. If we inhibit our breathing we isolate ourselves from the medium in which we exist. In all Oriental and mystic philosophies, the breath holds the secret to the highest bliss.”*

- Alexander Lowen



# Let's Review

1. When your breathing is out of rhythm, it throws off how your mind works, how you make decisions and how you communicate with others. But when your breathing is in resonance, your brain, Heart and body all work together in synchrony. This synchrony gives all of your vital organs, muscles, blood and Heart the energy that it needs most.

2. The more you practice the Serenity Breath, the more it strengthens your Autonomic Nervous System (ANS) - The part of you that controls the fight or flight or rest and digest response. In other words the results are cumulative. Each day you practice, the more peaceful and resilience you become.

3. When your mind is out of rhythm with your heart, you automatically feel stress. And that stress can be measured through what's called Heart Rate Variability (HRV). The higher your stress, the lower your HRV. And the more peaceful and connected you feel, the higher your HRV.

(More about this in Chapter 5)

One of the best things to know is that you change even stressful rhythms into peaceful ones. And the most powerful way for you to do this is through your breath. Because your breath gives you access to the Autonomic Nervous System (ANS) we spoke of earlier. At first, it boggles the mind that's something so simple can be so powerful.

## **4. The Power of The Resonance Breath**

When you breathe at the rate of 5.5 to 7 breaths per minute, you create the optimal state of resonance and balance between the brain and Heart. In the state of resonance, built-up stress begins to dissolve naturally.

The research showed that the more a person breathes in resonance, the more their heart rate decreases, their blood pressure normalizes, and the systems of the body come back into natural harmony and order.

When are body senses stress, it secretes the hormone called cortisol. It's often called the "stress hormone" due to its association with the state of stress in our

bodies. That's because levels of cortisol in the body spike during times of high stress.

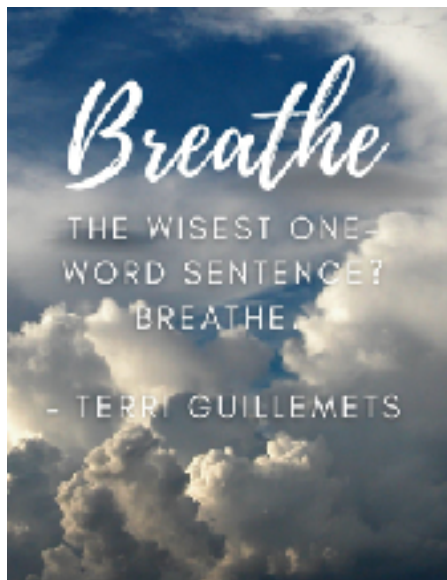
Cortisol is produced by the adrenal glands.

This connection between the hypothalamus, pituitary gland, and adrenal glands (also known as the HPA axis) forms the backbone of the body's stress response system.

The Serenity Breath can help you dramatically lower your cortisol levels and turn off the "fight or flight" response and engage the rest and digest response instead.

**Note:**

(For a simple reminder of the Serenity Breath practice as well as to measure your Heart Resonance, see the Serenity App)



# Chapter 5

## The Power of Heart Resonance

As you practice the Serenity Breath on a daily basis, something begins to happen in your mind and body. Your heart, organs, lungs, diaphragm and every system of your body come into a state of resonance. We spoke about resonance in chapter 2, but let's take it a little deeper now...

### *What is Resonance?*

In reference to the mind and body, it's the state where each system of the body works in harmony. In your mind, think of an orchestra. If even one musician is out of tune, it affects the harmony and cadence of the entire orchestra. The more you practice the Serenity Breath, you bring each system back "in tune" - in other words back into balance or resonance.

The more resonance, the more things work together as a whole. When it comes to your mind and body, when you are in resonance, you are in the state of flow. You feel good, you have plenty of energy, you feel rested and you're able to do the things you want most.

### **The Heart Resonance Breakthrough**

For years, I've been interested in the powers of the Heart. And of course, I'm not talking about just the physical powers. We need to look deeper at the emotional, and spiritual levels of the Heart. For generations, the Heart has been placed on the "back burner" playing "second fiddle" to the mind.

It's been looked at by Western medicine simply as a muscle that pumps blood. Even some of the best doctors and cardiologists can't grasp its emotional and spiritual significance in our lives. Could it be that we've been misled? I



Is it possible that our real power is hidden deep within our Hearts - ready to be tapped when we're ready?

It's no wonder the human race has the challenges that it now faces. The mind thinks it knows best – at the expense of the Heart (and for humanity). But that's all about to change...

Leading research now shows that the Heart has its own unique intelligence and that intelligence can be measured.(1) Through the study of HRV (heart rate variability) The evidence now shows that when your heart is in resonance, it affects your brain waves and every system of your body.



## What is Heart Resonance?

While I was doing my research on HRV and the field of the Heart, I kept noticing a trend. Every main researcher was using HRV as their measurement tool. And one more interesting pattern showed up. The vast majority of the researchers also tested how the rhythm of the breath affects the Heart. If you recall the research done by Dr. Vaschillo in *Chapter 2*, they found there was a particular rate of breathing that brought the Heart, brain and systems of the body into a state of resonance.

I call it **Heart Resonance**. And it can be measured with a unique score called **HRS**. HRS stands for **Heart Resonance Score**. The higher your HRS, the more in tune you are with yourself. Think of it this way. Each organ of your body are the players in the orchestra. When they are in harmony, you have optimal health energy and longevity.

That state of harmony of your “inner orchestra“ is your state of Heart Resonance.

## Why is Heart Resonance Important?

When you are in Heart Resonance, you are in flow. Your body has enough energy to cope with your daily tasks. Your mind has the clarity and focus it

needs to be productive and creative. You feel connected and in the moment. Things that bother other people seem to just bounce right off of you.

It's not that you don't ever feel stress, it's that when the stressors hit, you no longer resist them, you breathe right through them and they don't define you any more. When you're in resonance with your Heart, you have a higher capacity for life's ups and downs. It's almost like you gained a new super power. You just feel "right".



## **The Power of Resilience**

The more you practice the Serenity Breath, the more resilience you experience because the process of breathing in resonance with your Heart releases energy that was stuck in the nervous system. And once the energy is freed up, you feel rejuvenated. It's like cleaning your air conditioner filter after years of accumulated debris. When she remove the debris, it works more efficiently and consumes less power.

So yes every time you practice the Serenity Breath, you refresh your mind and body. You become more resilient to the highs and lows and in time, even the lowest of lows become opportunities for your growth.

What is resilience? Is the ability to bounce back from mental, emotional and physical setbacks. Think of it in terms of the waves in the ocean. If you were try to swim with in 10 or 20 foot waves, you could easily be overwhelmed by their force. But if someone were to train you on how to surf those waves, you could ride them and harness their power (instead of fearing it or being taken over by it).

The higher your Heart Resonance Score, The more resilience you have. And each time you practice the Serenity Breath, it helps you build that resilience so that you can deal with your life challenges. Anyone can learn this simple process to help them release accumulated stress and even traumas from the nervous system.

You can teach it to your kids, Family members, friends and fellow workers. We're living in a time of "maximum stress" and we need tools like the Serenity Breath that are effective and easy to use.

Our younger generations need help balancing their mind and body more than ever. When I speak to anyone under the age of 40 and I ask them “from a scale of 0 to 10, 10 being the worst, where is your stress level?” Their response? "Hah!" And I ask them "Can you explain what you mean?" And they reply “My stress is off the charts - like 12!”.

Once I explain what the Serenity Breath is all about (and how to measure their Heart Resonance Score, you can almost tear them jumping up and down with excitement when they say “How can I get that!?” And as you know keeping the attention of the younger generation is the easiest thing. 😊

## **The Heart and how it holds trauma**

About 20 years ago, my Dad was going through Alzheimer’s and we were preparing for the inevitable. He looked completely healthy but his mind was shutting down. He lost his ability to speak and we were all grieving as he slowly declined. Then one day, something occurred that shocked my entire family. My brother passed away unexpectedly.

He had passed away three days earlier and the state that his body was in was something no person should ever have to experience. I’ll never forget how he looked. I can only think how grateful I was that my mom and my sister didn’t have to see what I saw. A few nights later, while we were preparing for the wake, I vividly recall saying to my wife Susan that my heart ached. I asked her “Can you do some of your magic on my Heart?” (she was a Radiant Heart Therapist and had a skill that I’ve never experienced in anyone before).

Of course she said yes. As she placed her hand over my Heart and I closed my eyes and I dozed off while she did her “Heart magic”. I woke about 15 minutes later feeling a little bit better and then I noticed something. The pain in my heart was gone! I gave her a big hug and I thanked her for her help in such a difficult time.

Was I surprised that my Heart felt better? Actually no because I’ve seen Susan work with hundreds of people and help them open their Hearts and experience healings that were simply profound. But what I did not expect was how that simple healing of my Heart would continue on for the rest of my life.

Because from that day forward back in 2002, my heart has never hurt again. Yes I'm serious. Even with her death in 2017 and the ups and downs that I have experienced in my life since that day in 2002, I have not felt heartache or "heart anguish" in any way.

Of course I have experienced emotional pain but that pain has not affected my Heart ever since that day.

The reason I'm sharing the story with you is because from that fateful day in 2002, my Heart became more resilient than I could've imagined. Susan helped me understand the ways of the Heart and the deeper powers that it has access to. I am not the same person I was back then.

Could practicing the Serenity Breath help you have similar resilience? Possibly. It all depends on how open you are to the experience of your Heart and how ready you are to let go of the old patterns, emotions and beliefs they have held you back.

There's an old saying, "Only those who have been there can take you there". My partner Susan took me to that place within my own heart and I could not have predicted how many people's lives I would go on to touch with my own understandings of the healing powers of the Heart.

Right now my friend as you read this, your Heart senses something. Something beyond the mind and even beyond your senses. Allow yourself to experience the messages that your Heart sends to you. In time you will recognize how it communicates. If you have the intent to Connect with it and listen to its messages, you will as Thoreau would say "meet with success unexpected in common hours".

*"...If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours..."*

*Henry David Thoreau*

## **Resilience in Action**

What does resilience look like in real life? let's ponder this question together as you look at the challenges that you have in your life. Take a moment to scan all the parts of your life.

Your finances  
Your career  
Your love life  
Your health  
Your family life  
Your social life  
Your spiritual life  
Your emotions  
How you feel about yourself

Each part of your life has its own “energy“ or vibe. And in terms of resilience, there are at least a couple places in your life where you have natural resilience - the ability to “go with the flow”. But if you’re like the rest of us, there are at least a couple places in your life you don’t have that same resilience.

Those are the places that the serenity breath can help you the most.

(For more on how to measure your Heart Resonance Score, see the Serenity HRS App)

Footnotes

1. Research on the intelligence of the heart - Heartmath, etc

## Let's Review

- The more resonance, the more things work together as a whole. When it comes to your mind and body, when you are in resonance, you are in the state of flow. You feel good, you have plenty of energy, you feel rested and you're able to do the things you want most.
- HRS stands for **Heart Resonance Score**. The higher your HRS, the more in tune you are with yourself. Think of it this way. Each organ of your body are the players in the orchestra. When they are in harmony, you have optimal health energy and longevity.
- That state of harmony of your "inner orchestra" is your state of Heart Resonance.
- What is resilience? Is the ability to bounce back from mental, emotional and physical setbacks.
- The higher your Heart Resonance Score, The more resilience you have. And each time you practice the Serenity Breath, it helps you build that resilience so that you can deal with your life challenges.
- The more you practice the Serenity Breath, the more resilient you become. Even if you've had mental or emotional trauma, the serenity breath helps release the trapped negative energies and emotions while it builds your resilience

*“Good timber does not grow with ease, the stronger the wind, the stronger the trees”*

- Douglas Malloch

## Chapter 6

# Natural Resilience

If there was one thing that I can help you do through this book, it would be to help you develop mental, spiritual and emotional resilience. The kind of resilience that helps you “bounce back“ from literally any life experience with energy and wisdom.

In other words, it doesn't matter how big the obstacles or the setbacks are that show up in your life. What matters is your ability to see those obstacles as opportunities for your growth.

So let's define resilience.

In our context what it really means is that you're flexible, open minded, open hearted and you know how to let go. You have the tenacity to keep going when most people would get frustrated or give up. You also have a different view of how life works.

And that view is that you see that there's positive intent in every negative situation...

When you're resilient, you have the ability to accept things the way they are, rather than resisting them. That doesn't mean that you have to agree with them. What I mean by acceptance in this case is that you simply accept what has showed up (internally or externally) and you don't resist it or try to change it.

Anytime you resist or try to avoid, you will actually energize the very thing you're resisting

In the power of now, Eckhart Tolle says it this way

***"Is what you want more important than what is?"***

In any given situation when you feel stressed, ask yourself that question. And if your answer is "yes", that is the source of the stress you feel.

It's that simple.

Resisting "what is" is what creates pain in your life. And the kind of pain I'm talking about is emotional pain. It's the kind that hurts more because you can feel it.



## **The Cost of Resistance**

As I mentioned in a previous chapter, resistance = stress. And whatever you resist will take a certain amount of energy from you. Think of it in terms of a cost or expense. Every time you think and feel a negative thought, it's costing you energy. It's costing you creativity. It takes something from you. It pulls away from your ability to think and feel clearly.

It also creates a cascade of thoughts and emotions throughout your body that put you into a less than optimal state.

So the intent of this chapter is for you to understand how to become resilient in all phases of your life. Because when you are that resilient, nothing can ever take you down. Your resilience is measurable (see the Serenity app for more) and is also teachable to others.

The state of being flexible, open minded and open hearted I call "natural resilience".



Let's talk about the different kinds of resilience and how each of them can help you master stress and improve the quality of your life.

## **Emotional resilience**

The first skill of resilience is emotional resilience. This can be one of the most challenging kinds of resilience. The challenge that most people encounter is that many of the negative thoughts and emotions they feel are habitual (repeated day in and day out). And those habitual thoughts create neurochemical networks that grow stronger each time the negative thought occurs.

*"Thoughts that fire together wire together"*  
– Joe Dispenza

"Habitual thoughts create patterns in the mind"

"Habitual thoughts create layered thought networks"

***“Do not judge me by my success, judge me  
by how many times I fell down  
and got back up again.”***  
– **Nelson Mandela**

In other words misery loves company. And for most people, it's very difficult to talk themselves out of a negative state (especially the emotional part of that state).

So we need somehow to "interrupt" the pattern.

The first step is to catch yourself thinking a negative thought.

Then the second step would be to shift the emotion.

Let's start with the first one because it's easier.

Let's say you just got bad news about your stock portfolio or a piece of negative world news or a text from a friend that was alarming in some way. Your first thought is to go right to the feeling of "Omg!".

Here's where you make the big shifts.

==>Right as you sense something that would normally trigger you

**Instead** of reacting emotionally, you notice the thought, step back and breathe...

(See the 1 Minute Stress Cure Bonus for more)

You let go of your old conditioned response. **And in that moment** you create the beginnings of a new pattern. The moment you notice the thought and emotion before they take their toll, is the first step of awakening your mind.

*"The very act of noticing is a state of strength of anD by itself"  
– Vernon Howard*

Let's look at the quote above. Just noticing the thought or emotion gives you awareness rather than letting it control you. It's a state of becoming the observer, knowing that you are not the thought (or the emotion) – you are the thinker of the thought.

And every time you step back and observe your thoughts, even the -ones no longer have any power over you. In fact that's the point when you begin to redesign your life on your terms not on someone else's. It's the beginning of true freedom and liberation and it's the best kind because it's when you for yourself!

So let's talk about another powerful form of resilience.

## **Mental resilience**

The next kind of resilience is mental resilience. This is your ability to shift from thoughts that would normally distract you or slow you down. I'd like to share a quick story with you about an experience I had years ago.

I was working with a really good energy healer and she asked me what I wanted to work on. When I shared with her what was going on in my life, she said something that really got my attention. She said to me "Paul you're a really good manifester. And what I am noticing is that you're manifesting things you don't want!"

For a moment I was stunned...

I asked her to explain (even though I got the gist of what she was sharing with me). She said, “You’re really good at what you do, but it sounds like one or two experiences kind of threw you off your game. And it seems to me that you’re focusing on what threw you off instead of getting back on your path doing what you do best”.

She was spot on! I was **unconsciously** focusing on a couple negative experiences that happened in my life. And unwittingly, I was letting that distract me from my work and my joy of life.

You know when you just “get it”? You know, when the lightbulb turns on and you have a “Aha” experience? That’s what happened to me that day. I saw the power of how one or two thoughts didn’t just distract me - they created a cascade of things that really threw me off my game.

And the beauty of that part of my life is it taught me to become more resilient in my thoughts. (Thus the gift of this chapter). You see my friend, when the challenging events occur in your life, they can’t knock you down for very long when you’re resilient. When you practice the Serenity Breath and noticing your thoughts and emotions, just the opposite happens.



***Every negative challenge or event becomes an opportunity to become more resilient!***

Let’s look a little more deeply at how thoughts work...

There are two basic kinds of thoughts

1. Life enhancing thoughts
2. Life depleting thoughts

In his seminal book called ***Power vs Force***, Dr. David Hawkins talks about the two basic kinds of thoughts. Life enhancing and life depleting. These thoughts dramatically affect every phase of your life. They are responsible for the emotions and decisions you make and the results you create in your life.

They explain why some people succeed and others fail. And why some people have the ability to endure life experiences and come out the other side stronger and more flexible. The good news is that you can condition your mind to think life enhancing thoughts on a normal basis.

Let's discuss both kinds of thoughts in detail.

## Life Enhancing Thoughts

Life enhancing thoughts are ones that **give you energy** whenever you think of them. They make you smile. They inspire you. They lift you. They make you want to move forward in life with a positive attitude. At the very least, they don't take any energy whenever you think of them.

Examples of life enhancing thoughts

Gratitude	Kindness
Love	Patience
Humility	Acceptance

Here's some of them in real life.

"I'm grateful for the wonderful friends and family I have"

"I love myself"

"Even when things don't go well, I know there's something good on its way"

"I accept myself and my emotions"

"I'm surprised this event happened, but it will help me grow stronger"

"That person is doing the best they can with what they have"

Each of these thoughts actually make your body go strong. That strength can be measured by kinesiology, HRV and other techniques.

And here's a few more:

Contribution

Helping others

Smiling to yourself

Nurturing thoughts

Helping others ease their pain

Now let's talk about the real issue that faces most people.

*Let me not pray to be sheltered from dangers,  
but to be fearless in facing them. Let me not beg  
for the stilling of my pain, but the heart to conquer it.  
- Rabindraanth Tagore*

## **Life Depleting Thoughts**

There's another kind of thought that causes tremendous pain and suffering in people's lives. Everyone has thoughts of this kind. The question is are you even aware of them  
(and what do you do about them?)

Life depleting thoughts that actually drain energy from your mind and body. The more you think them, the worse you feel. These are the kind of thoughts that most people want to avoid and yet they continue to show up until we do something about them.

Examples of life depleting thoughts

Worry

Fear

Disappointment

Anger

Judgment

Real life examples

"I'm worried that things are going to get worse"

"My worst fear looks like it's going to happen"

"I'm so disappointed, he never called"

"Every time I watch the news it makes me angry"

"He thinks he's so smart, I can't stand The way he acts"

And that's just a small sampling of every day thoughts that are life depleting.

No one is immune to negative thoughts. The key is catching yourself when you think them, breathing into them, and letting them go. Because if you don't, they

will fester and grow. Negative thoughts are like magnets, they attract more of their own likeness and unless you catch them early, they can take you down in a matter of minutes.

But the more you practice being the observer of your thoughts, and notice the negative thoughts as they occur, you can just let them go and don't have to act on them at all!

Here's a simple way of thinking about it...

In comes a negative thought, breathe and let it go  
It comes in, you release it  
You notice the negative thought, and it reminds you to take a deep breath

## Here's a Genius Technique

You can create a reminder in your own mind that every time a negative thought occurs, it can bring you back into the present moment.

**Yes, you heard me right.** If you treat it like a macro on a keyboard, the negative thought creates an automatic response to come back into the present.

Any negative thought (or feeling) = reminder to be present.

So now that we've covered the power of life enhancing and life depleting thoughts, let's go on to some more specifics of how to experience resilience in your every day life.



## Relationship resilience

Here's an area that we could all benefit from. It might be a relationship with your significant other or someone in your family. Let's talk about family situations first.

Think of the holidays especially Thanksgiving and Christmas. Most families have some sort of friction at the holidays due to all of the personalities and people coming together at one time.

What a great opportunity for you to practice your new skills of resilience!

Let's say that your family member says something that you object to. Instead of arguing with them or taking a position against them in judgment, what if you practiced the Serenity breath in that moment and just let go of your preconceptions of the way that they should respond to you?

In other words, what if you accepted what they said? (you don't have to agree with them, just accept it).

How would that affect your family? How would that affect you? How would that change your state of how you're thinking and feeling? If someone instead of arguing accepted what you had to say?

If you've ever had challenges with getting along with family members, you're not alone and you also know that when one person decides to "take the high road with compassion and humility, it changes the whole mood for the better. And it's the loving thing to do.

***“Your self-talk reflects your innermost feelings.”***

- Dr. Asa Don Brown

## **Chapter 7**

### **Your Self Talk**

One day while I was writing this book, I needed to take a step back and take a little break, so I took a short nap. Those naps are amazing in how they help refresh and revitalize my mind.

Upon waking, something happened that I've experienced before but this time it was ***very different***.

My mind was sending me doubts about the completion of this book and how well it would do. As you know, everyone has doubts and uncertainties. But as I tuned in a little bit more and did the very process that I'm suggesting that you do (the Serenity Breath), something dawned on me...

The doubts and uncertainties were coming from my subconscious and after studying how the mind works for over 30 years and knowing how the subconscious works, those doubts *actually have positive intent*. So I delved a little deeper...

Before I tell you my discovery, I'll describe what I mean about how the subconscious has positive intent, even when the messages and feelings seem negative.



You see, your subconscious is always trying to protect you and to keep the status quo. If it senses that something is going to "upset the apple cart", it will pull back and create immediate resistance.

*The more danger it senses, the more it will create resistance.*

That resistance could take the shape of a drop in energy, lack of confidence, doubts about your abilities, withholding love, closing your Heart, bursts of anger or sorrow, feelings of insecurity and lack and many other ways.

**All of these come from the subconscious.** And there's one simple principle of the subconscious that creates them. Whenever it senses that you are leaving your "comfort zone", it will send you messages and create symptoms that try "throw you off your game".

The principal is your subconscious is always trying to **protect** you.

Now, it doesn't mean that you can't move forward or that the choices you're making are bad ones. What it really means is your subconscious is carrying an old belief that makes it seem that the goal or step that you want to take is unsafe. *But it's only unsafe to the part of you that feels it.*

Please go back and read that last sentence one more time.

Mind you, this process is not for the faint of heart. It's for people who are committed to their own growth and to let go of the past that no longer defines them.

By the way, if you're thinking of affirmations and how they can help in the situation, be very careful because you're never going to change your subconscious pattern just by saying a phrase like "I am rich", "I am lovable", or "the universe loves me".

Because those patterns are ingrained into subconscious at a deeper level than what affirmations can touch. There's nothing wrong with affirmations and there are appropriate times to use them. What we're talking about now is when you get repeated messages or resistance when you're trying to move forward in life and feeling stuck over and over again.



## The Truth of Who You Are

Let's clarify a few things. You are not your memories. You are not your thoughts and you are not your emotions. You are also not your beliefs or your upbringing. Even though some of those may try to control your behavior today, you know the ones that are no longer appropriate because of the way you feel when you try to move forward in your life.

When your subconscious send you messages like:

"I can't do this"  
"this isn't going to work out"  
"there's no way that I'm going to solve this"  
"He or she doesn't love me"

What it's really saying is "*based on my past, this is not going to go well*".

***"Your self-talk is the channel of behavior change"***

— Gino Norris

And if you've ever had any doubts or uncertainties in your life and you challenge those doubts and uncertainties, ***you know that they don't run the show.*** They've been occupying space in your subconscious without your approval.

Those doubts are just messages to pay attention and come back into the present moment. With they're really seeking is to be released from your subconscious. Because they're remnants of the past that are no longer who you are.

They're trapped in a state of "suspended animation" and they're running autonomously in the background without your awareness until something triggers them. And you know the feeling of when they get triggered. You feel angry, disappointed, hurt, fearful, rejected and a host of other emotions.

The you that is reading this book and feeling your feelings right now is not the you that experienced the hurts, setbacks, betrayals, loss or other traumas of the past. Each time you practice the Serenity Breath, what's really happening is as you feel your feelings, you have access to these old memories and traumas and

because you are in a resonant breath rhythm, they have a new way to be released from your subconscious and nervous system.

This is a major opportunity for you to make dramatic shifts in your life when you are in touch with your subconscious through the Serenity Breath process.

**In chapter XX**, we discussed the research that this is based on. The Serenity Breath process gives you access to a power within you that very few people will ever discover. It's that powerful!

Every time you practice it, the breath takes you back to your heart and helps you let go of the mind trying to stay in control. At first it will take a fair amount of conscious intent on your part, but the more you practice the serenity breath, the more it will help you:

- \* Release stress in the moment
- \* Relax your mind
- \* Open your Heart
- \* Let go of old memories and beliefs that have held you back
- \* Reclaim the energy hidden in the old traumas

If this sounds like deep therapy, technically it is but the beauty of practicing the Serenity Breath is that ***it's so simple***. You can teach this to anyone you matter what age and they will feel better in a matter of minutes exclamation

Every time you use it, it helps you feel better. Every time you take a deep breath and focus on how you feel, you are *returning to your TRUE Self*. And one of the best benefits is that the more you practice it, the more you balance your ANS (Autonomic Nervous System) What this means is daily practice makes you stronger and more resilient.

And you're ready to take on the world.

Years ago I created a process for one of my Mentoring Groups called "The Subconscious Dialogue Process". I came to me one day when I was doing some subconscious work and realize that the more that you create a connection with your subconscious, the more that you experience harmony with that part of you.

In other words instead of trying to control it, you let it know that you've chosen to make friends with it and work with it (instead of against it).

## ***Because it's part of you!***

Some of our students shared the huge breakthroughs that they were making in their life after they did that process and I was pleasantly surprised. "Wow, they're really getting it!" I thought to myself. That's what this chapter is all about, helping you understand that your subconscious always means well (although sometimes it feels like it trips you up or holds you back).

***"Observe your inner speech for it is the cause of future action. Inner speech reveals the state of consciousness from which you view the world."***

- Neville Goddard

If you want to break free of old patterns and beliefs that have kept you from realizing your most treasured goals and dreams, you most certainly can do that and even greater things. The more you work with your subconscious through the power of your breath and your Heart, the more you will for yourself in the more you will live in the present.



It may take some practice but as you get in touch with your "inner speech", the words you say under your breath that no one else can hear you say, you will begin to sense Neville's quote above says:

***"Inner speech reveals the state of consciousness from which you view the world."*** Those words are so profound because he's not talking about affirmations, he's talking about your normal every day language that you speak ***to yourself***. This is where creation essentially happens! Over 95% of the population has no idea just how powerful the words they say to themselves actually are.

YOU're going to be invited to be part of the ***Serenity Breath 21 Day Challenge***. In the challenge you'll have the opportunity to practice the skills that you're learning in this book and the special bonuses. You can also invite a friend so that you can learn together.

(Hint: You learn ***better and faster*** when you practice with a friend because when you share an idea you've learned with someone, it encodes the information more deeply into your brain and you will remember the information much more easily).

## The “Inner Speech” Process

One of the greatest skills that you learn aside from the Serenity Breath itself is sensing your inner speech. Just being conscious of what you tell yourself (and how you say it) will begin to make such wonderful changes in your life that you wonder how are you didn't know about this simple idea before!

The key is when you actually catch yourself in a given moment what you're saying to yourself you will be amazed. You will actually begin to hear the words before it turns into a feeling. It's like watching someone run in slow motion, you can see their steps, the motion of their arms, the look on their face and even the sweat on their brow.

As you "slow down" your thought process and breathe into even the negative thoughts and feelings, you will experience wonderful shifts of awareness. You may not turn it all around at once, but once you become aware of what you're saying to yourself, you realize why some of the challenges that you encounter have gone the way they have.

Example of how to use the “Inner Speech Process”

Take a really stressful situation in your life. Let's say it's in your finances. In your mind, review your finances, your 401(k), your bank balance, your income, etc. As you're reviewing each of them, what are you saying to yourself?

Are they thoughts like:

*“I'm grateful for my 401k”, “I'm very fortunate”, “Every day I bless the source of my abundance”*

Or do you say things like:

*“I've lost over 20% in my retirement fund”, “I don't have enough”, “This is terrible, what am I going to do”, “We can't make ends meet”, “I'm scared because if this keeps getting worse, I don't know what we're going to do”.*

There's a huge difference between those two kinds of thinking. Remember how we talked about life enhancing versus life depleting thoughts? The first thoughts like “I'm grateful”, I bless the source”, are life enhancing.

The second set of thoughts (loss, terrible, scared) are life depleting, in other words every time you think them they take energy from you and rob you of your life force.

Imagine months and years of life depleting thoughts and the damage they can do to your mind and body. **This is the number one source** of stress in your life. Over and over, those negative thoughts are like little vampires draining the very sweetness of life itself from you (without your awareness or approval!)

**Now, imagine the opposite...**

Imagine waking each day feeling grateful, energized, fortunate to be healthy and alive!. Grateful for yesterday and what you accomplished. Excited for your day, inspired for the cool ideas, people, insights and wonderful surprises the Universe has in store for you.

Remember, every moment is a choice. And the more you practice the **Inner Speech Process**, and breathe the Serenity Breath, you literally transform those negative life depleting thoughts into positive life enhancing ones.

I cannot overstate how important just this simple shift of awareness can be for you my friend. I have a smile on my face as I write these words on my computer because I can see you noticing how you think and feel and catching yourself with your breath and accepting and loving the part of you that once felt those negative thoughts.

I have been there *many times* before and by doing this very practice, I turned my whole life around. If I can do it, **you can too**.

For the next few moments I'd like to invite you to look through these parts of your life and ask yourself "What do I tell myself about these areas of my life?"

## The Major Areas Of Self Talk

- Self love
- Abundance and finances
- Relationship issues
- Health and wellness (weight, level of health, etc)
- Your self-esteem and confidence

### ***Time Out...***

### ***Please step back and put this book down...***

Really take some time to notice what you say to yourself in the areas in your life mentioned above.

If you stopped reading this book right now and just practice what you know that's far, you could make **major transformations** in your life.

### ***Why?***

Because you're becoming aware of the “software that runs your mind”. If you want to discover what's going on in your mind, look at your life. That's not meant in a judgemental way.

It's another way of saying that life is a mirror of our thoughts and feelings and the **Inner Speech Process** helps you become aware of those thoughts and feelings.

About 30 years ago I discovered this process. My intuition taught me how to do it. I didn't read it in a book. It has become one of the single most valuable techniques I have ever discovered to uncover the beliefs that create my reality.

I'm excited for you my friend as you discover the thoughts emotions and beliefs that create yours.

... and how to shift those thoughts and beliefs into ones that empower and inspire you to move forward with confidence and passion.





# Chapter 8

## “The Breath of Life”

### *The Power of Essential Oils To Heal and Transform Your Life*

Let's take an imaginary trip for a few moments...

Imagine for a moment that you're walking in the woods. You see the sunlight glistening through the trees. You smell the gentle aromas of the wild flowers and the sweet smells of the forest. You feel a sense of calm an inner peace as you take in the healing energy of Nature.

Have you ever wondered what gives the forest its smell? It's *the essence* of the plants, trees and flowers. This essence is also known as the essential oil of the plants. Essential Oils are the lifeblood and immune system of the plant kingdom. Another way to say this is they are the medicine of the plants. And this “plant medicine” can be distilled into a concentrated liquid (oil) that are a profound gift to mankind.

Essential oils are the source of energy, life, and healing compounds of the plant kingdom. When we use them, the life force and healing compounds are transferred to us. Each time we use an Essential Oil, we access this life force (Chi) and it becomes part of our own Chi to strengthen and heal us on many levels.

The plant kingdom contains a vast array of healing compounds that are just being discovered for their healing abilities.

*But the gifts of the oils go much deeper than just Chi energy.* They have many levels of **wisdom, insight and connection to the Divine** that are limited only by your willingness to let go and allow higher dimensions of inspiration and healing Chi energies to grace you.

*“The gifts of the oils go much deeper than just Chi energy”*

For centuries, Essential Oils were used by priests, healers and kings to heal the mind and body. Dating back as far as 4000 years ago, the ancient Sumarians made use of scented herbs such as cypress and myrrh and scrolls have been found from the time of the Egyptians that list over 850 botanical remedies.

Once reserved only for the nobles and the rich, these special oils were known for their spiritual powers. But now they're available to all humanity.

Essential Oils are one of Nature's most profound and powerful gifts. They're one of the few things in our physical world that carry the nature and vibration of the Divine - in a way that any of us can feel and understand (no matter the age, condition, training or creed.)

## **The Healing Powers of the Plant Kingdom**

We need not look very far when our mind or body is out of balance. Within Nature herself is a healing force far more powerful than many of the technologies of “modern” medicine. Intuitively, when we feel out of balance or stressed, we go for a walk or step outside for a “breath of fresh air.”

### ***Why?***

Because Nature is *self renewing* and we feel that sense of renewal every time we take time to stop, notice and breathe in its life enhancing energies.

Nature carries a level of energy that the human mind often takes for granted and simply doesn't understand. Whenever we're in the midst of a challenge or problem, we often think it's just too simple to let Nature solve it for us. But when you let go and step into Nature, the problem either goes away, or the solution almost naturally presents itself.



## More than just an aroma?

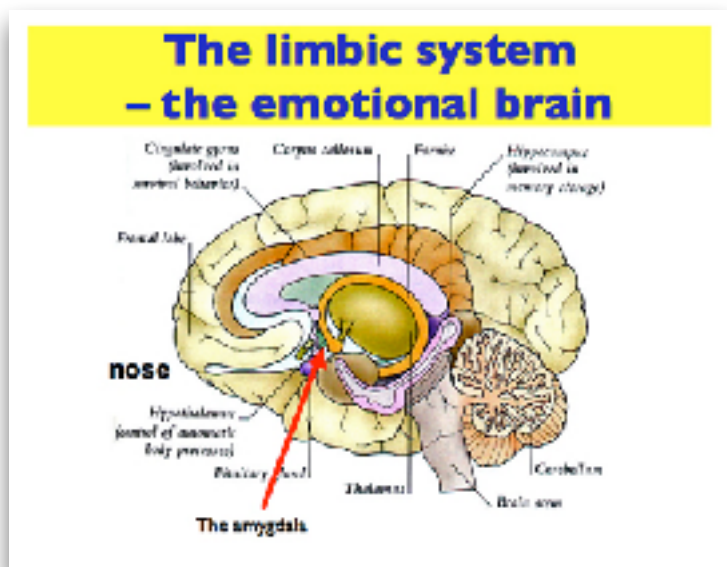
At first glance, Essential Oils are aromatic and “smell good”. Whenever we smell their aroma, we’re actually taking in millions of molecules of the plant’s essence. Our ability to smell them is connected to our olfactory system which helps us experience and identify given smells.

*Then the magic begins...*

Our nose is directly connected to our limbic system - the part of the brain that is also called the “emotional brain”. According to experts like Dr. David Stewart, author of “*The Healing Oils Of The Bible*”, this emotional brain is the key to our happiness and inner peace.

When we experience stress or trauma that we can’t handle, the emotional brain *literally stores the memory of that trauma in our cells throughout our body* - ready to be cleared at a later time.

***The problem for most people is that necessary clearing may not happen*** (or the original trauma never gets discovered or released).



These stressors build up in our cells, tissues, organs and energy system and can cause dis-ease in our mind and body. What's unique about Essential Oils is that they are considered to be the only reliable and consistent way to access the emotional brain - and therefore be able to clear unresolved traumas, stressors, and blocks of all kinds (spiritual, mental, emotional, karmic, etc). We'll talk more about this very important issue later.

## Why Purity Is Important

If all you want is the aromatic quality, any oil that smells good may work for you. But if you want *results* - the kind that we're discussing in regards to improving the quality of your life, clearing deep stress and unresolved emotions and give you access to the Divine properties of God and Nature, then you need the highest and purest oils available. In other words, *oils that have not been genetically engineered* to smell good, or synthesized with chemicals to try to equal their more natural counterparts.

If you are looking for **real transformation** (in addition to the wonderful smell) then look for *Therapeutic Grade* oils. I've personally researched dozens of oils and there's only one brand\* that is consistently the purest (and the highest vibration or Chi energy). Literally all retail bought oils are not **Therapeutic Grade** oils, in fact, simply check the label and you will see "Do not ingest" or "Not suitable for internal use". This tells you the oils have been synthesized or manipulated with chemicals.

Think of it this way. Would you give less than high quality oils to your child or loved one? Why settle for less than pure - when you can have the best in the world?

\*More about brand of oils later. Let's talk more about the energy (Chi) of Essential Oils and how they can help you.

## Essential Oils Change Your Energy (Chi)

Another way Essential Oils are unique is the way they affect our energy (internally and externally). Internally, they make us feel calmer, more peaceful and centered. Externally, our physical energy becomes stronger and we have more endurance. Imagine having both. Inner peace **and** strength at the same time. That's what is considered a peak state - and we are all capable of that harmonic balance.

Our energy (Chi) determines our results and *how we feel*. The stronger (and more balanced) your Chi, the better you'll feel. Essential Oils have the incredible ability to do both. They balance your Chi while they simultaneously strengthen it. That combination gives you energy that **lasts** - the kind of energy to do *what you want* - **when you want to do it**.

While doing focused activities like writing this book, I've used several Essential Oils that increase my energy and keep me focused. Writing isn't my favorite thing to do, but using the oils has made all the difference for me.

### **Their ability to work beyond the mind and the emotions**

As you delve deeper into the powers of Essential Oils, you'll discover there are **many more levels of healing** (and transformational) energies within the oils. Nature is far more intelligent than many doctors, scientists and corporations will ever give her credit.

Here's one example of the hidden levels of energy (Chi) of the oils:

According to Dr. David Stewart:

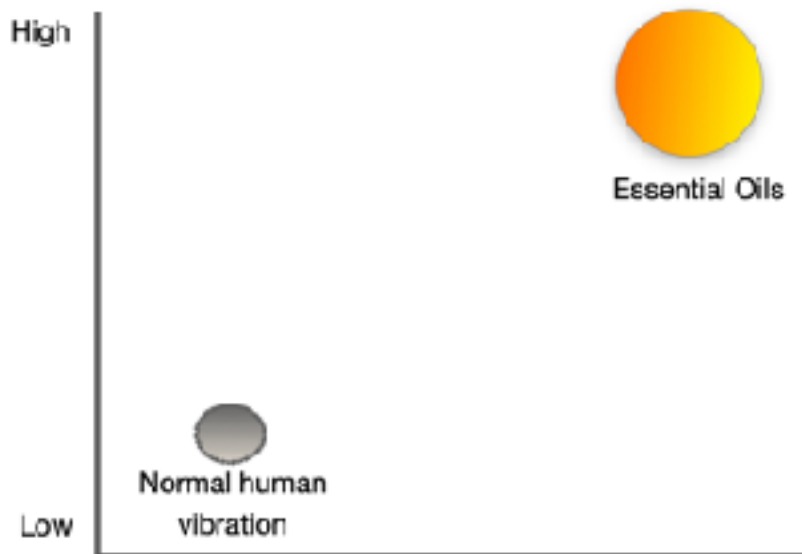
*Because of the tiny molecular structure of the components of an essential oil, they are extremely concentrated. One drop contains approximately 40 million-trillion molecules. Numerically that is a 4 with 19 zeros after it: 40,000,000,000,000,000,000. We have 100 trillion cells in our bodies, and that's a lot. But one drop of essential oil contains enough molecules to cover every cell in our bodies with 40,000 molecules.*

*40 million-trillion molecules* - in one simple drop. That's powerful medicine when you know how to use it properly.

Let's talk now about the vibrational energy of the oils...

### **The Vibrational Qualities of Essential Oils**

One of the unique qualities of Essential Oils is the vibration (Chi) they hold. They embody the Chi of Nature itself, and their vibration is far higher than our own vibration.



In the image above, you can see the energy of the oils vs. normal human energy. Unlike human nature, the real secret of the oils is when they're pure\*, **they never lose their high vibration**. On the contrary, our busy minds and emotions change (or lower) our vibration often dozens of times a day (even more in the face of stress, trauma or unexpected stressful events) whereas Essential Oils remain consistently high in vibration.

Chronic stress *lowers our vibration and energy* and creates a tendency for lower frequency emotions (that are life depleting) like fear, anger, disappointment, guilt, etc. to run *automatically* in our subconscious mind and body.

These subconscious emotions often continue and create "*like energies*" in our lives (health issues, prosperity issues, relationship problems, self image, etc).

In other words, for every ongoing challenge or problem you face, there is a **corresponding emotion** (energy) that exists in your subconscious energy field.

Unchecked, these life depleting emotions "short circuit" your energy and deplete your life force energy (Chi) from your mind, body and energy field.

## Examples of life depleting emotions:

Anger  
Fear  
Guilt  
Shame  
Embarrassment  
Disappointment

## Examples of life enhancing emotions

Bliss  
Peace  
Love  
Acceptance  
Courage

One of the most powerful qualities of Essential Oils is their ability to clear emotions and unresolved memories held deep in the subconscious and *cellular* memory.

## The Transformative Power of Essential Oils

Essential Oils have the amazing ability to **neutralize** the low frequency emotions that often hide in our subconscious (and even our cells). They **raise our Chi energy** from low to high in a matter of seconds or minutes. Old unresolved emotions (and the stress they carry) dissolve in minutes when you know the right oil to use (and the specific way to use Essential Oils to properly clear the underlying issues).

Essential Oils are a gift from God that transform even the most challenging problems you may face into breakthroughs that will amaze you.

Because of their high vibration, when you use Essential Oils, **your vibration increases**. Your vibrational essence changes and you can feel this shift in your mind and body - even without lengthy training or expertise. The key is having pure intent from your Heart.

**“Essential Oils  
are the essence  
of God”**

~ D. Gary Young

## “The Chi of the Oils” And Their Healing Power

When I first began using the Essential Oils, I wasn't fully aware of the *many* levels of healing energy they carried. Initially, I could sense the calming effect they had on me, but little did I know that was just the beginning - an “initiation” of sorts.

As time passed, I heard the oils “speak” to me and I could feel their intelligence. Once when I was using Peppermint oil, I heard it say, “*Now, breathe deeply, and inhale this essence all the way into your cells and energy field*”. I smiled and did so and I could feel a whole new level of awareness of Peppermint essence. It's as if a veil had been lifted that allowed me a more intimate connection with an oil I had long ago taken for granted.\*

I could feel the *Chi* of the oil - and my mind became very clear - even more than normal. I'll never forget that series of moments. It was a beautiful and amazing experience I'll always treasure. That “initiation” opened a new door and created a threshold that would carry me into new levels of the Chi of the oils. It opened a *portal* - of connection and intuition that has transformed literally every part of my life.



The Chinese symbol for Chi

Greg Hitter - author of *Butterflies In A Bottle* calls this approach “the intuitive use of the oils”. In other words, your mind doesn't try to figure out what oils to use, instead, you let your intuition guide you through the process.

*That's when the magic begins...*

\* I used a very special kind of Peppermint oil that is very different that most retail oils that have been denatured, synthesized and have lost their healing energies. Quality matters when it comes to choosing Essential Oils. We'll talk more about this later.



## ***So, lets talk about the Chi of the oils...***

Each oil has its own **unique** frequency and healing properties. There are at least 50 single oils (with more being discovered every year) and well over 100 kinds of oil blends. And within each plant, flower, or tree, there are often many subspecies.

Example:

**Lavender** - the most common oil for many people.

There are about 39 different species of Lavender. The Lavender I've used is called *Lavendula Augustifolia*. It has the most healing properties of all the species (many store bought oils use lower grade species and are not what's called therapeutic grade quality).

### **The Chi of Lavender**

According to Dr. David Stewart, Lavender (*Lavendula Augustifolia*) measures at - 182 Mhz on the energy spectrum. To give you perspective, the frequency of a human being is approx 60 Mhz.

Lavender - 182 Mhz

Human - 60 Mhz

### **That's a substantial difference!**

Whenever you use this kind of Lavender, it instantly affects your Chi (energy) field - even without you doing anything. *Just smelling it* shifts your vibration. There are stories where people have just held a closed bottle of Essential Oil (not smelled it at all) and they've had major transformations. That's a good example how the oils have their own unique Chi energy.

Every oil carries its own "Chi Field" or energy field and when you really tune into the frequency of the oil, you can feel a shift in your own energy field.

*Let's do a little exercise so you can begin to feel what Chi feels like.*

## The “Chi Essence” Exercise

*Think of something you want for a moment.*

*It could be a new car, better job, a vacation, a new puppy, a special someone...*

*Now allow yourself to **feel it** - right now being real. In other words, allow yourself to **feel the essence** of it - already real now...*

*and just breathe gently and deeply...*

**If** you actually took the time to do this little exercise, *you felt a shift.*

That “shift” has its own frequency, its own “Chi field” of energy. Everything that exists (seen or unseen) has its own unique Chi energy.

Essential Oils have palpable, measurable energy that anyone can feel. Even people who have no special training in the oils can smell and feel something special. It’s as if Essential Oils have their own language - and we’re just beginning to understand that unique and precious language.

One of the profound gifts of the oils is to re-connect us with Nature. **To feel the essence of life again** - and have access to that energy anywhere we go with no limits.

**“Every oil carries its own “Chi Field” of healing energy”**

Richard Louv calls it “Vitamin N”. The “N” is for Nature. In his book *The Nature Principle*, Richard talks about how we’ve lost touch with the natural world and we’re now suffering the consequences. Some symptoms are disease, feelings of disconnection, separateness, and what he calls NDD (Nature Deficit Disorder) - the lack of Nature in our lives.

Richard states:

*“Every day, our relationship with nature, or the lack of it, influences our lives. This has always been true. But in the twenty-first century, our survival or thrill will require a transformative framework for that relationship, a reunion of humans with the rest of nature.”*

Could it be this simple? *Could the root of every major challenge we face have its roots in our separation from Nature?* Contemplate this wisdom. Meditate on this and you will find your own answer.

## ”Stagnant Chi” - and What it Means For Your Health And Well Being

In Chinese Medicine, there’s a phrase that describes when Chi stops flowing normally in the mind and body. It’s called **stagnant Chi** and according to experts in the field, it is the primary cause of dis-ease.

In essence, stagnant Chi occurs when there are blockages, emotions, or energies that prevent the normally balanced flow of energy (Chi). In his book *Qi Stagnation - Signs of Stress*, Jonathan Clogstoun-Willmott describes stagnant Chi as a slow pressure cooker. Initially, you may not even feel the steam build up, but over time, the pressure expands and will eventually burst.

***The more high-tech  
our lives become,  
the more nature we  
need to achieve  
natural balance.***

*~ Richard Louv*

“The solution is movement” he says. “Chi must move in order to have health”

Some signs of stagnant Chi:

Constipation  
Anxiety  
Brain fog  
Blurry vision

Muscle pain  
Sinus blockage  
Skin problems  
Hearing problems

Heart palpitations  
High blood pressure  
Digestion issues  
Insomnia

What’s unique about Chinese medicine and working with your Chi is that you can detect energy blockages that cause more serious issues and clear them ***before they ever become serious disease***. That’s what I’ve done all my life. I don’t rely on western medicine. I rely on my body’s signals to tell me how it’s doing and when I feel stagnant Chi, I use Essential Oils to free the stagnant Chi or go to my acupuncturist or chiropractor when necessary.

One of the most profound wisdoms that I learned from Chinese Medicine is that your body is sending signals all the time.

***The question is are we listening?***

**That's the key question.**

Are you listening to your body when you feel stuck or anxious or in pain? Or do you push past the pain (or suppress it) onto the next task or quest? Your answer to that question will tell you a lot about yourself and how you honor your body.

When you listen to your body, **you create a link** - a *conduit* so that information and energy can flow through. Once this link is established, healing energy often runs more smoothly and you feel better. But if you try to mask symptoms by taking drugs or other ways of avoiding the signals your body sends to you, you unconsciously build stagnant Chi - which in time can create states of dis-ease.

When your Chi flows smoothly, it's like a car engine running smoothly, all cylinders work together in harmony. When you feel that harmony, you feel fully alive.

## **Your “Inner Guidance System”**

Your emotions are the gauge - *the “guidance system”* of where you're at, and where you're going. If you feel uneasy or just not quite at peace, your feelings are trying to communicate to you.

**The chart below** shows some of the dozens of negative emotions we feel in our lives. Each one of them carries a specific vibration or frequency.

## Negative Emotions List

Shame	Grief	Fear
Defeated	Abandoned	Anxiety
Depressed	Anguish	Apprehensive
Demoralized	Betrayed	Dread
Despair	Distraught	Hesitant
Hopeless	Heartbroken	Horried
Indecisive	Hurt	Hysterical
Lazy	Left out	Insecure
Listless	Mourning	Panic
Overwhelmed	Rejected	Scared
Powerless	Remorse	Shy
Tired	Sadness	Tense
Worthless	Sorrow	Uncertain
Unhappy	Uneasy	Worried

In the case of negative emotions - if felt for long periods of time, they can actually damage our cells, tissues, organs and other parts of our mind/body. But the good news is even long standing negative memories and unresolved emotions can be cleared with the healing power of Essential Oils.

***“85% of all disease is caused  
by emotional blockages”***

~ Gary Craig

Remember, Essential Oils carry the life force of Nature and they're equipped with the special healing frequencies we need whenever we feel disconnection, anxiety or lack of ease. Like the phrase “hiding in plain sight”, Nature has the solution we're looking for.

The answers to many of our biggest challenges are within these special oils.

## The Unique Benefits of Essential Oils

Let's talk about some of the healing benefits from using Essential Oils. The list is virtually endless because unlike drugs, Essential Oils affect us on all levels of our being. The vibration of Essential Oils is full spectrum - in other words, unlike drugs, the oils work energetically, spiritually, emotionally, chemically, and physically.

No other remedy that is so easily available to us carries the full array of healing energies that Essential Oils do.

### Here are just some of the many benefits of using pure Essential Oils:

- Elimination of pain and discomfort
- Anxiety and stress relief
- Feeling re-connected
- Inner peace and tranquility
- Dissolving worry
- Clarity of mind
- Restores balance of mind and emotions
- Clear unresolved emotions and cellular memories
- Clear nervous tension and agitation
  
- Improve memory and concentration
- Improved ability to meditate and calm the mind
- Enhance confidence and self esteem
- Clear frustration and anger
- Strengthen your willpower and decision making skills
- Dissolve negativity and depression
- Anti-carcinogenic
- Supports immune system energy

The list is almost endless because Essential Oils affect us **on all levels our being**. And when you clear the emotional blockages (Chi stagnation) you prevent energy blockages in your organs, tissues and entire body - and you therefore prevent dis-ease from ever happening.

If you want to have more inner peace, abundance **and** consistent energy when you need it most, Essential Oils are a limitless energy source for you to harness.

Remember, Essential Oils are the life blood of the plants and when we use them, they impart the healing essence (vibration) to us.

## Your Own Personal “Essential Oil Blueprint”

Each of us has a unique energetic imprint. You have a specific combination of thoughts, feelings, emotions, memories, biochemical and genetic markers, drive, disposition, etc. that affect your daily thoughts, feelings and energy. So it takes a *very unique approach* to help you solve the challenges you face on a daily basis

(so they don't re-occur **over and over again**)

**If you work at only one level**, and *miss the deeper levels* of a problem or challenge, the problem often returns (along with the energy draining frustration and irritation it causes).

That's where pure Essential Oils come in.

**They're designed to neutralize thoughts and feelings that block your Chi energy** (the ones that cause the problems in your life).

When it comes to Essential Oils, your unique set of needs and energies must be taken into account in order to find *the right combination* of oils that will work for you. For example, let's say you hear about an oil that works for reducing anxiety like Lavender and you use it, but don't get any results.

*Why didn't it work?* One of two possible reasons:

- 1) It could be the wrong energetic match for you
- 2) The quality of the oil

Many people hear about the power of Essential Oils, then go to their local store and buy whatever oil they can find, assuming it's a quality oil. But many people don't get the results they want from store bought oils because almost all retail oils are synthesized or “cut” (diluted with chemicals and aromatic agents to

make the oils smell better). Unfortunately, once an oil has been synthesized, it loses almost all of its original healing qualities (Chi).

Note: check the label on retail oils and you will see the words: “Not for internal use” or “Do not take internally”. This tells you the oils are not therapeutic grade oils and are not safe for consumption and have been tampered with.

Essential Oils have become big business (over a Billion dollars in sales a year) so companies of all kinds are scrambling to get a piece of the pie. Do your own research.

Look for Therapeutic Grade oils that can show you:

**A)** Where the oil comes from (the original farm)

**B)** When the original plant was harvested (a crucial aspect that determines the quality of the oil)

**C)** How was it distilled (the process of transforming the plant, tree, or flower into the Essential Oil)

**D)** How was it produced? (what quality standards were used in the distilling process?)

**E)** Is the oil tested for purity and quality?

And finally

**What is the intent of the company that sold it?**

To create a profit - or for healing?

(the oils take on the energy of the person and company that makes them - so this single aspect may be the most important one of all).

Finding the right oils for you takes some research and time. It took years for me to understand that all Essential Oils are not created equal (picture a drawer filled with oil bottles that I stopped using and you get the gist). Not to mention the wasted dollars on the oils I had no idea were low quality oils.



I simply wasn't aware that there was a *whole new world* waiting to be discovered when it comes to Essential Oils.

## What if...?

What if you could discover the *perfect* Essential Oils that **match your unique and exact needs**? In other words, Essential Oils that are tuned *specifically* to address how you feel right in the moment when you have a challenge or problem?

When you have the right Essential Oils that match **how you feel**, then the **real powers of the oils** become available to you:

- 1) To clear the **underlying issue that causes the problem** in your life (memory, trauma, trapped emotion, energetic imbalance, etc)
- 2) To **strengthen and harmonize** your energy system (Chi) so that you stay strong and balanced (even in the face of stress or issues that once stressed or daunted you)

And imagine having expert guidance as you discover the combination of oils that are ideal for you.

If that sounds cool, then **something wonderful is about to happen...**

## A Deeper Level of Essential Oils

Imagine having your own "Personal Essential Oils Coach" - right there at your side who could help you find the exact oil you need to clear literally any challenge or problem you face.

Imagine being able to clear:

- \* Energy problems
- \* Business challenges
- \* Health issues
- \* Trapped emotions
- \* Confidence and self esteem issues
- \* Lack of focus, brain fog, poor concentration

- \* Frustration or anxiety
- \* Sadness or depression
- \* Feelings of disconnection or separateness

...and *literally any issue* that stops you from living with **inspired energy, inner peace and abundance**.

One more thing...

Preventing problems **before** they ever become problems.

***Imagine having that kind of clarity and inner power.***



***"The future belongs to those who believe  
in the beauty of their dreams."***

~ Eleanor Roosevelt

## **Chapter 9**

# **Meet Your Future Self**

***"Your future self has the answers you've been longing for.  
Take time and listen to its inspiring wisdom"***

An invitation...

Close your eyes for a few moments and look into your future. What do you see?

Do you see a future filled with love and abundance or with disappointment and lack?

In this chapter, you'll learn a way to connect with your Future Self and provide insight and wisdom that will reveal your inspired future.

We all long for a better future. The question is what informs that future? In other words what shapes and creates it? The problem that most people run into is that their past creates their present (Due to the fact that they have unresolved challenges and emotions festering in their subconscious mind).

But you have a distinct new way to not just change your future but to also connect with your future self and listen to its guidance. And by guidance what I mean is that it already knows how you were created the future you want. I'll teach you a simple way to connect with your Future Self so you'll know the right decisions and steps to take to create your ideal future.

Something dramatic has shifted in human consciousness over the past 10+ years. Our ability to notice our own thoughts and emotions (become the observer) and enter into dimensions of Self that our ancestors couldn't even dream of is transforming millions of people across the world.

We are waking up to our True powers.

Ready to take the next steps...?

I call it The Future Self Process.

Then let's jump in...

## **Step One**

### **Your Present Day Self**

Take a few moments to scan your life right now and ask yourself:

"Where am I at in these phases of my life?"

My Finances

My Career

My love life

My family

My social life

My health and wellness

My self-esteem and confidence

And take out a separate journal (that you can actually write in) and from a scale of 0 to 100, rate each one of these parts of your life. It's OK that some are not high at this point in time, the point is for you to get an honest assessment where you think you are at this time in your life.

You will see how important this simple exercise is as we move through this chapter.

Most people will be dissatisfied with at least a couple parts of their life and that's OK. The point of this exercise isn't the scores themselves. The real key is once you honestly rated these parts of your life, look at the parts that you rated lower and circle them.

## **Step Two**

### **The Honest Overview**

Now that you have an honest overview of the parts of your life that aren't optimal, The next step is to write each part of your life that scored lower than 70%.

Here's an example

Here are some scores by of one of our members named Andrew:

My Finances	45%
My Career	60%
My love life	40%
My family	70%
My social life	50%
My health and wellness	70%
My self-esteem and confidence	70%

So Andrew focused on three areas:

His finances  
His career  
His love life

## **Step Three**

No here's where it gets interesting...

### **The Relationship Between Your Future Self and your Present Self**

The premise of this chapter is that your Future Self already knows the answers to the questions you have **right now**. Some pundits believe that your future is set in stone or it's just going to go the way you focus on with your mind.

But what we're going to do differently is access your inspired future **through your Heart**, because your Heart can see things your mind cannot imagine.

***“It is only with the heart that one can see rightly;  
what is essential is invisible to the eye.”***

- Antoine de Saint-Exupery

By now, you've practiced the Serenity Breath daily and gotten in touch with your Heart. (If you haven't done so already, now is the perfect time to begin in order to make this chapter effective for you.)

**Note:**

You can learn the steps of the Serenity Breath in Chapter 4, plus the process is described in detail in the Resource Center)

Now, close your eyes begin to practice the Serenity Breath...

Nice, gentle slow breathing for the next minute or so...

Now that you're in touch with your breath, your Heart in your body, you are ready for the next step.

## **Step Four**

### **Optimizing Your Future**

Choose one of the parts of your life that you want to optimize or make better. With your eyes closed, tap into your Heart and ask you *“What shifts did I make that transformed my future?”*

Another way of asking this is *“Show me my ideal future through my Heart in this present moment“*.

Making the connection with your Future Self is just as important as the connection to your subconscious. Because the quality that connection determines the quality of your ability to create your ideal future.

You see, your Heart is multi-dimensional whereas your mind is only three dimensional. In other words, the mind is limited his ability to imagine whereas your Heart has no limits. Your heart has access to dimensions far beyond with mind can see.

Just like the Serenity Breath, The more you practice this process, the stronger your connection to your Future Self Will become. And the more that connection strengthens, the more you can not just alter your future but create a future filled with love, light and abundance.

I go into greater detail on this exercise in the Resource Center.

Some have asked "If I'm focusing on my future self aren't tight stepping out of the present moment?"

*"The more connected you are to your Future Self, the more present you become."*

Actually, the more connected you are to your Future Self, ***the more present you become***. To the mind, this may seem like a paradox but that's because the mind that sees it that way is looking at it three dimensionally.

The beauty of this process is by accessing your Future Self through your Heart, you expand your your view of your future in ways that the mind cannot normally see.

## **Living Your Future Now**

Each time you practice the Future Self Process, it will give you insights, visions, and feelings of your future that has already occurred. Remember, when done through your Heart, you will see clearly. If you ever feel that you are not in a grounded place while doing this process, that's your subconscious telling you that it needs to speak. So in those instances, step back and let go and practice the Serenity Breath.

For best results, practice the Future Self Process when you're feeling calm and peaceful. Because when you're in that kind of a vibration, the connection to your Future Self is stronger and more clear.

***"God, show me help me see my future through the eyes of love."***

If it serves you, when you do this process you can ask for guidance from God, Spirit and your Angel guides. A phrase like "God, show me help me see my future through the eyes of love."

## **The Future**

I predict that the next 10 years will bring about a new series of teachers, mentors, books and art forms focused on the future self (and accessing parallel lives and dimensions). We are in the midst of a quantum shift of consciousness on our planet. We are no longer victims of the past nor do we need to be concerned about the future.

...because we hold a future in our Hearts.

And it's brighter than ever when you see through the eyes of love...

## **Addendum to this chapter**

Within the past 20 years, there are many ways that show how consciousness has changed dramatically. Here are a few ways that shift has shown up in media like books and movies.

### **Movies**

Deja Vu - (with Denzel Washington)

The Lake - House (with Sandra Bullock and Keanu Reeves)

Source Code -(with Jake Gyllenhaal)

Interstellar -(with Matthew McConaughey)

Inception -(with Leonardo DiCaprio)

### **Books**

Be Your Future Self Now by Dr. Benjamin Hardy

Matrix Energetics by Dr. Richard Bartlett

Parallel Dimensions of Self - By Frederick Dodson



Each of these works of art have touched my life in amazing ways. Together my friend, we are creating ***a far better future than most people can imagine...***

***So be it now...***

***Paul Bauer***



# **The most amazing transformational tool ever created**

## ***...Your Breath***

Your breath is the single most important way for you to shift and transform your mind and body. Because your breath gives you access to the ANS (Autonomic Nervous System) that controls the core functions of your body. That includes your heart rate, blood pressure, respiration, digestion and the fight or flight response.

No other method or technique can do this.

When you practice the Serenity Breath, you move beyond the limits of your mind. Your mind can only access what it knows – which is based on the past. But every time you tune in and practice the Serenity Breath, you access a much deeper part of you – your Heart. And your Heart has no limits. It is connected to the very Energy that created you, all life and all of creation.

Instead of breathing by “default“, the choice you have is to breathe consciously with awareness. So instead of taking your breathing process for granted, from this day forward, instead you’ll have a powerful new way to revitalize your energy and all the systems of your body with one single method.

The beauty of the Serenity Breath is in its simplicity. Every time you make the conscious act of breathing from your belly and releasing what no longer serves you, you evolve and grow.

In essence there are three levels of the Serenity Breath

1. Awareness
2. Awakening
3. Transcendence

## **Awareness Level**

After practicing the Serenity Breath for some time, you’ll begin to notice that what used to stress you no longer has the same affect. Things that used to

trigger you now become challenges for your growth. This level brings the gift of stress reduction along with the physical benefits of slower heart rate, reduce blood pressure, lower tension and anxiety, better sleep and a host of other breakthroughs.

Most people would be very satisfied with that level. But there's more...

## **Awakening Level**

The more you practice, the deeper you can go. The next level is awakening. And by awakening I mean that you awaken your mind and Heart to a new level of insight and consciousness. At this level, you begin to feel and sense that you are not limited to your old habits, responses or ways of thinking or being. You feel states of inner peace and connection - even when the world is in disarray. You're becoming a beacon of light for others because of the peace and serenity that you emanate. Just your presence changes how others feel.

## **Transcendence Level**

After you practice the Serenity Breath for a period of time, you become aware that you have access to states of being beyond the normal confines of thought and emotion. When you experience transcendence, you begin to master your thoughts and emotions and you're able to transform negative thoughts and emotions into peace and clarity. At this level, you are teaching others by your very example.

