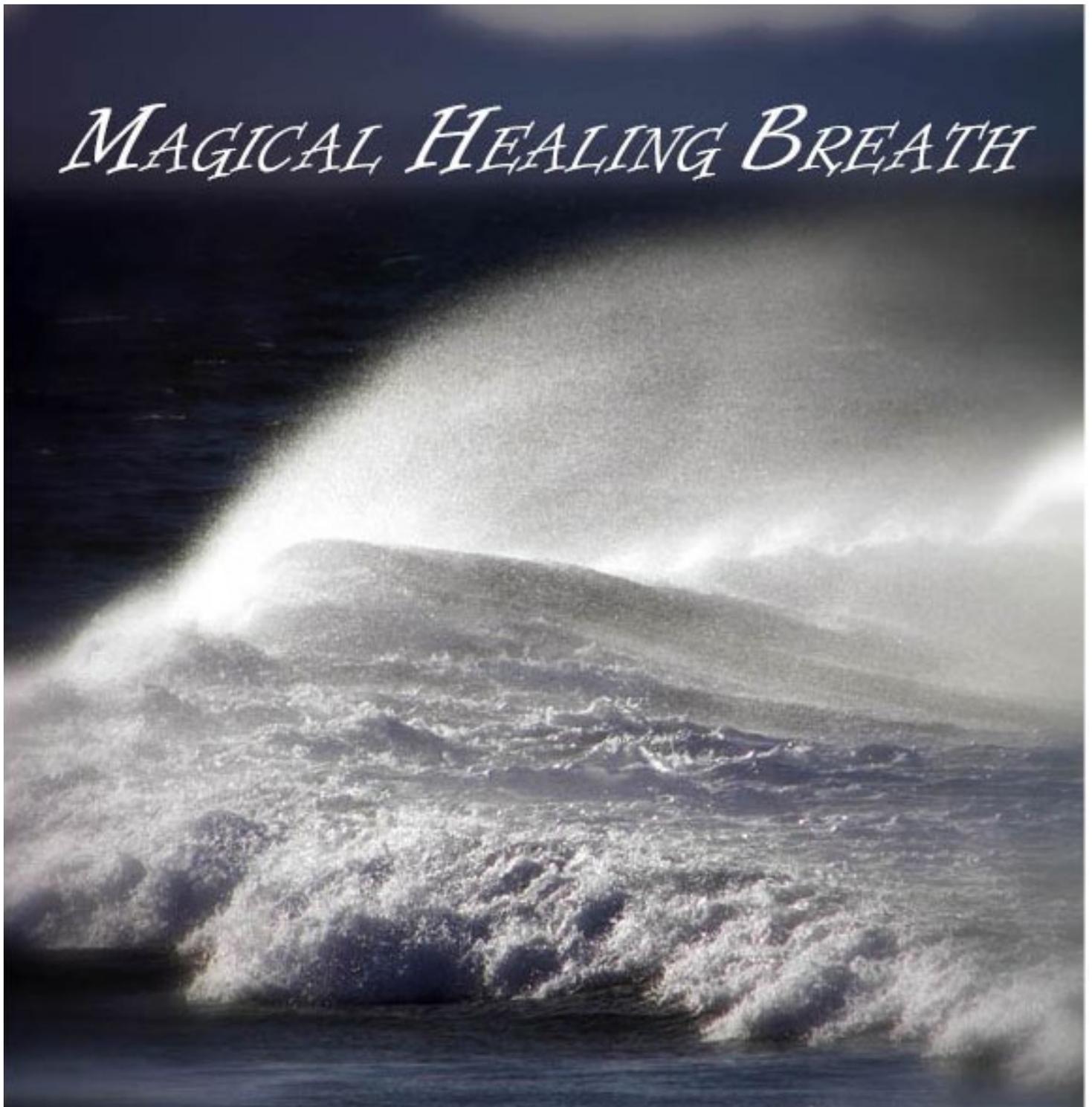


MAGICAL HEALING BREATH

A dramatic landscape featuring a vibrant rainbow arching over a mountain range. The foreground is dominated by a turbulent sea with large, white-capped waves crashing. The sky is dark and moody, with light breaking through the clouds to illuminate the rainbow and the peaks of the mountains.

**A Guide for Managing and Transforming
Pain, Emotions, Anxiety and Fatigue...**

By HEATHER PRICE

Illustrated by Gail Grey

eBook © Heather Price 2011

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INTRODUCTION

There are many ways to manage pain, emotions, anxiety and fatigue, and these days we are fortunate to have a broad variety of natural health modalities available to us to assist this process. Many of you will be familiar with healing tools and modalities that help you to live a healthier life, and some of you may already be working with effective breathing techniques in some shape or form. The Magical Healing Breath, also referred to as MHB, I am about to introduce to you is a natural healing tool, a powerful combination of breathing techniques that I have been using successfully in my work as a counselor, energy healer and meditation facilitator.

The great attraction about using our breath as a healing aide is that it is free and portable, and can be used in any environment or setting. It is, in my experience, the most effective natural healing technique available to us all, especially when combined with other modalities.

In some ancient traditions the breath is represented by the symbol of a dolphin, a sacred power animal in its mystical form which can be invited to assist us energetically to enhance our energy field. The dolphin is a sea-faring mammal that can hold its breath under water for great lengths, taking and releasing its breath through a blowhole on the top of its head. We too can understand and master our breath, both in its incoming and outgoing state; learning to direct it to anywhere we choose in our body. We can learn to channel it beyond our physical body, into our heart region, our mind, or our spiritual realms.

Our breath can have an impact on us in so many different ways. Not only does it carry life enforcing energy and natural chemicals, such as oxygen and carbon dioxide, in and out of our body, it assists and supports many other body functions, being an essential part of the process of detoxification of our bloodstream and body systems. It makes sense that the quality of our breath can make a significant difference to the quality and performance of these chemicals and systems.

There are so many ways and situations we can use our breath. For instance, understanding and mastering our breath helps to reduce stress and anxiety, and focusing on our breath can bring us into our centre to assist us in making clear decisions. We can also be put on alert by our breath as it lets us know when something is not right, out of balance, or about to happen. We can also use it in a creative way as dynamic life-force energy to energize our visions for the future.

Recently I had an exciting experience of how our breath connects us with our life force energy:

Walking along the beach with a friend who was throwing a ball to her dog, I was finding the pace too slow, so I began to walk horizontally, winding my way back and forth across the width of the sand. My footprints were making interesting patterns on the soft sand and I was mesmerized by them, noticing how light they were on the earth, even though my feet are big. At some point as I was walking, I decided to concentrate on my breathing and consciously connect with its healing qualities. As I turned around to walk back alongside my previous footprints, I was astounded to see how much they had changed at the very point I became aware of my breath. While they had been hardly noticeable and light before my conscious breathing connection, there was now a strong indentation across the ball of my foot.

As I looked at my footprints, with their solid indent in the sand, I was reminded of a time several years ago when I passed an internationally known businessman on the beach. I was walking with a friend and we had passed this man at almost the identical spot at 5am three mornings in a row. At our first encounter he had been fairly aloof and guarded as we passed, but by the third morning he was smiling and open as if we were known acquaintances.

On the third morning I noticed how strong and deep this man's footprints were, and I decided to walk in them for a while to see what it felt like; all the while conscious of asking his permission at a higher level to do this, aware of how we leave energy trails that connect us to others we walk with wherever we go. As I walked in this famous man's footprints I could feel his powerful presence and strength, and even though his feet were relatively small, they made a deep imprint into the sand. I thought about how his footprints reflected this man's personal power and the significant mark he has made in the global business world and on the planet.

Later, after returning home from the beach, I painted a large acrylic seascape, with clear foot prints etched in the sand, to remind me to walk with strength and to hold my own vision with every step that I consciously take. The painting holds a fabulous energy and I love it, and I often stop and look at it to reactivate the strong and powerful energy around it.

As I looked at my own footprints at the time of my more recent outing to the beach, I realized how connecting consciously with our breath can activate an energetic force to lift and support us where we are right now, in the present moment. We can also use this energetic force to carry and direct our intentions from our mind to our physical, emotional and energetic bodies to support our visions and goals for our future.



Having long practiced connecting with my breath as a successful and practical tool for grounding and healing for my clients, and myself much of my work is centered around focusing on it consciously. For instance, when I begin my healing or counselling sessions, I invite my client or group to connect with their breath and direct it from the direction of the sky, or the top of their head, down through their body to the earth. This has an immediate grounding affect, and they instantly feel more relaxed.

The most effective and magical use of breath that I have found in my personal and professional journey, has been for the relief of physical and emotional pain, tension, fatigue and anxiety. In fact, I have been witness to countless situations where conscious and focused breathing alone can have a positive affect on chronic and acute pain and tension. As a result of observing and experiencing the healing and empowering affects of mindful breathing in therapeutic and meditative settings, I found myself putting together a number of breathing techniques which, in their combination, I now call the Magical Healing Breath.

Recently I was so amazed at the results of using the MHB with one of my clients that I was inspired to write this book and offer this simple and powerful technique to the world. My client has happily agreed for me to share the following story with you, and I will use another name to protect his identity.

Henry had been coming to see me for several months and we had made some progress in many areas of his life. However, I was disappointed that his recovery had been less than what I had hoped for. All of that changed one day when I began to use the Magical Healing Breath technique with Henry, fine tuning it to suit what he personally required. This included the addition of expressing loving empathy to his Inner Child, in acknowledgement of his experience of chronic fatigue and feelings of overwhelm in every day life, both of which he could trace back to imprints from childhood situations and experiences.

Henry had been on his own for several years before he found his way to work with me. He said he had gradually lost his spirit, or life-force energy, developing fatigue and feelings of melancholy, finding the simplest of tasks overwhelming. He had little confidence socially, and was full of self-condemnation and negative thoughts about life.

Henry lived alone, and despite being married and divorced more than once, he had no children. What I felt he was really missing in his life was someone to acknowledge and empathize with his feeling of loneliness and lack of self worth. While I was able to play that role for him to some degree as his therapist, I felt he would most benefit from developing a sense of self nurturing, self confidence and self worth.

During the session where Henry 'broke through', I lead him into a deep place where he was able to use his breath to connect with and acknowledge his fatigue and underlying emotional pain, which he described as sadness and loneliness. I guided him to locate where these feelings manifested as energy throughout his body. He discovered he had stores of this heavy, dull, sometimes painful energy, in his right foot, in his right knee and then in half a dozen more locations in his upper body.

I guided Henry to step back and become the witness to his physical and emotional pain as he began to describe it. When he observed this from a distance, he could see how it had first come to him as a small child, when he had severe learning difficulties and, because of this, felt he was a burden to his father. Henry shared how it had seemed that every task he took on was huge and impossible, and because of this he failed to build his confidence in himself, or to gain the approval of his father. He also felt he wasn't acknowledged by his parents for what he was going through, and expressed shame that he couldn't be more successful in their eyes.

After Henry unlocked this memory, by searching and breathing into the energy stored in his body, I guided him into a healing process with the Magical Healing Breath. Henry breathed deeply into his body, still watching from a distance, as I guided him to speak lovingly and kindly to himself and his still-wounded Inner child, as if he was holding a small boy who had experienced deep heartache: "Poor, poor Henry, you are so tired and unable to find your way. Poor, poor Henry, you are feeling so alone and unloved".

This method of self-validation and self-nurturing had a profound effect on Henry's recovery and he used this technique on his own for some time to nurture himself and acknowledge his experience whenever he feels he needed to. Eventually, as his need for empathy and validation lessened, Henry began to focus less on his emotional pain, and more on searching for the positive and rewarding experiences in his life.

The focus during Henry's initial sessions was to locate, acknowledge, validate and nurture the unexpressed feelings he had stored in his body. The intention, at this stage, was not to set out to get rid of anything; it was simply to use the breath to saturate the energy stored in vibrational patterns locked away in Henry's physical and auric bodies. Henry also remained open to healing and later I worked with him to assist him to learn how to transform the energy as it moved through his body. Nothing is wasted in shamanic healing.

It is important to understand that Henry had a therapist to guide him through this process, and to know that this book may not be a substitute for the benefits of personal therapy. However, the technique I intend to share with you can be used well on its own or, if need be, along-side of therapy, and it will assist you to discover issues and body reactions that you can then take to your therapist to work with. I also recommend should you have any medical condition that you check in with your doctor to make sure you it is safe for you to use breathing techniques that may involve you altering your breath by lengthening it, or breathing more deeply.

This does not mean you have to be in therapy to use the Magical Healing Breath for pain and other imbalances; it is simply highly recommended that you seek professional guidance, should anything come up when using this breathing technique that you feel you need extra support with. Once you have practiced and applied the MHB a number of times, you may find you only have to use one or two major steps to assist your recovery around certain conditions, as your subconscious mind begins to develop pathways using your breath as an effective healing tool. This was the case for a friend of mine to whom I introduced the Magical Healing Breath, a story I will now share with you:

Alex (not her real name) had a mysterious condition that had not been able to be diagnosed despite numerous tests and scans. She had been having chronic pain in her abdominal area for over two years and nothing she tried seemed to alleviate the pain for long, if at all. She had naturally grown concerned and every time she felt pain would be consumed with fear that she may have a life-threatening illness, even though she had seen specialists who could not find anything major wrong with her.

Feeling great empathy for my friend, I guided her through the steps of the Magic Healing Breath several times over two days. At first she could not define any great change in the pain, though by measuring the pain before and after using the MHB, she could define some improvement in its level and intensity. The slight improvement was enough for Alex to put her faith in the technique. Every time she felt the pain she would consciously connect with her breath, and this alone was enough to settle the pain. After a few days, Alex noticed a significant improvement in her condition and she continues to use the Magical Healing Breath to manage it. After three months of using the MHB, Alex has reported she feels much calmer, and her mind settles much more easily, and she finds she is less stressed and anxious now when her health becomes challenging.

In the following pages you will be introduced to this simple, yet powerful, breathing technique, empowering you to understand and use your own breath more consciously. When you first practice the MHB, it may be more effective and much easier to have someone read through the steps for you. You can also purchase a CD on line on my website at www.heatherprice.net to assist you in this process.

As you begin to practice the steps for the Magical Healing Breath in this guidebook, you will come to understand and begin to master the healing power of your breath. You will then be assisted to identify and name the condition you are working with, and be guided to use this powerful breathing technique to allow healing and wellbeing to naturally occur.

PREPARATION FOR USING THE MAGICAL HEALING BREATH

Before you are guided into using the Magical Healing Breath for healing, you will be introduced to breathing exercises and techniques to help you to understand and master your breath. We will also examine the types of conditions that I have found this breathing technique to be effective with, and perhaps one of these may resonate with you. If you have a condition that is not referred to, I encourage you to trust that you have been guided to try the MHB anyway.

Understanding and mastering your breath, and accepting it as a powerful healing tool, will not only assist you to manage pain, tension and anxiety, it will enable you to energize and build your inner core of strength; creating ready reserves of life enhancing, healing energy.

Once you have experimented with some of the many different ways you can breathe with awareness, and feel you have some mastery over your breath, you can use it as an effective healing tool in a conscious way. Remember, your breath is a natural healing source, and by taking time to understand it and know its many capabilities, you will enhance your physical, emotional, spiritual and mental wellbeing.

Part A: Understanding Your Breath

There are many ways to breathe and use your breath. Make sure you always stay within your comfort zone when moving through the steps below, and don't strain your breath or your body at any time.

These techniques not only involve working with the breath, they include some energetic, shamanic techniques, such as learning how to transform energy. When I refer to 'shamanic', I am referring to the healing world in which I walk and work. This is a world where we look beyond what we see and experience in the third dimension to work things out. Traditionally a shaman is not limited by their physical existence, being someone who is able to travel to other worlds through energy portals to work with and shape-shift past events and future possibilities. In the context of working with the MHB, much of what I do shamanically involves tracking energy back to its original source and transmuting or shape-shifting it from one form into another. If you would like more information on shamanism, please visit my website on www.heatherprice.net.

Before I introduce techniques that accompany the MHB, I would like to assist you to understand how you breathe naturally, and to guide you to a place where you not only fully experience your breath, you are able to watch, observe, and direct it as well.

Step One: Preparation

Create a comfortable environment to prepare yourself to practice the following breathing techniques. You might like to sit in a comfortable and supportive straight-back chair, or place some cushions behind your back in a deeper armchair to support your spine. Alternatively you might prefer to sit on the floor in a yoga position, or lie down. It is suggested that however you decide to make yourself comfortable, be sure your spine is well supported and straight, and your legs and arms uncrossed.

Part of preparing your environment as a first step might be that you disconnect your phone, and let people know around you that you are taking some time out for yourself and would prefer not to be disturbed. You might like to light a candle, and perhaps clear the room energetically using a spray, or incense, or by burning a healing herb such as sage.

It is good to close your eyes when you first use these steps as it helps you have access to all senses to work with, enabling a full experience of the power of this type of breathing. It can also be helpful and relaxing to imagine yourself in your favorite place in nature, or in a garden in your Inner World.

If you are on your own, you might have this book nearby and read each step before putting it into practice. Or, alternatively another person may be available and willing to take you through each step.

Step Two: Awareness

As you sit comfortably, bring your awareness to your natural state of breathing. Breathe normally for about a minute, at first feeling your breath and tracking it through your body. Then, stepping back with your mind, begin to observe your breath, noticing if your breath is deep and strong, or shallow and rapid? Observe also if you breathe most naturally and easily through your nose or through your mouth?

Step Three: Sounding

For the Magical Healing Breath it is preferred to breathe in through your nose, and out the same way, or through your mouth. Try bringing your breath in through your nose and, as you breathe out through your nostrils, make a sound, spreading your nostrils. As you expel your breath through your nose or mouth see if you can make any sounds. Try humming as you direct the air outwards. Experiment with your breath and the gentle sounds you can make, and relax and have fun.

Now try purring like a cat! This technique takes some practice, however it is very powerful and you can really feel your energy shift when you use it. For me personally, I feel a whole lot more relaxed, much like a cat must feel as it lies contentedly on your lap. Like humming, purring can be used to direct your breath, which is discussed more in the next section. For now, practice purring by placing your tongue behind your closed teeth and taking a deep breath, expel the air slowly through your closed mouth while you focus on making a gentle purring sound from your chest; almost squeezing the air out from this place, constricting your chest slightly. It takes practice, and it might sound more like a dying cat rather than a purring cat at first -so be patient! Again, if you have a medical condition that may be affected by changing your natural breathing state, please don't do this exercise until you have had medical advice.

When you feel you have successfully practiced humming or purring, or both, then it is time to relax for a few breaths and breathe normally.

Step Four: Directing

Continue to play with your breath and see how far down your body you can direct it to go. Try at first to expand your whole chest and rib cage with your in-breath. Then invite the next breath deep into your belly, stretching out your breath until it fills up your belly. Move your belly in and out to see what happens to your breath.

Relax for a few breaths and breathe normally.

Step Five: Inviting in and releasing

Now it is time to explore and expand your breath and to learn how to bring it in and release it out of your body.

Imagine your breath coming in through the top of your head, or your crown, and direct it down through your body and out through your feet. Imagine you have a hole at the bottom of each foot that allows you to direct your breath deep down into the core, or womb, of the earth.

Relax for a few breaths and breathe normally.



Part B: Mastering Your Breath

Once you begin to understand some of the many ways and places you can breathe in and outwards with intention, you can begin to have some command over how you breathe.

There are many healing modalities that assist you to master your breath. Anyone familiar with yoga will know there are numerous breathing techniques that have been used for thousands of years to build inner strength and well-being. Playing a musical instrument that requires breathing also teaches you how to control your breath. Over the past few years I have enjoyed teaching myself to play the Native American Flute, and have slowly learned how to better master my breath.

The following exercises will help you gain confidence in your capacity to breathe more confidently and effectively.

Step One: Observing your incoming breath

With slightly spread nostrils, breathe slowly and deeply through your nose into the centre of your body, wherever that is for you, and stretch out your belly as you welcome your breath. Concentrate on how your incoming breath feels, and how long you can breathe in comfortably for, before you seem to run out of space. Make sure you always stay within your comfort zone, and don't strain your breath or your body at any time.

As the Observer, begin to count how long you take to breathe a whole breath in. See if you can breathe in for a longer expanse of time with each breath.

Relax in between each exercise and let your breath be natural for a few seconds or minutes, observing it in its natural state, and notice if it is becoming easier, or not, to breathe more deeply and consciously.

Step Two: Observing your outgoing breath

Letting go of your attention to your in-breath, begin now to watch and play with your outgoing breath; this time being aware of your breath moving out of your belly and down through your lower body and out through your feet. Experiment with how long it takes to fully expel your breath, counting the time span. Only focus on this one step; you don't have to be concerned with your incoming breath at this stage, though you may be able to observe both if you choose to.

Make sure you always stay within your comfort zone, and don't strain your breath or your body at any time.

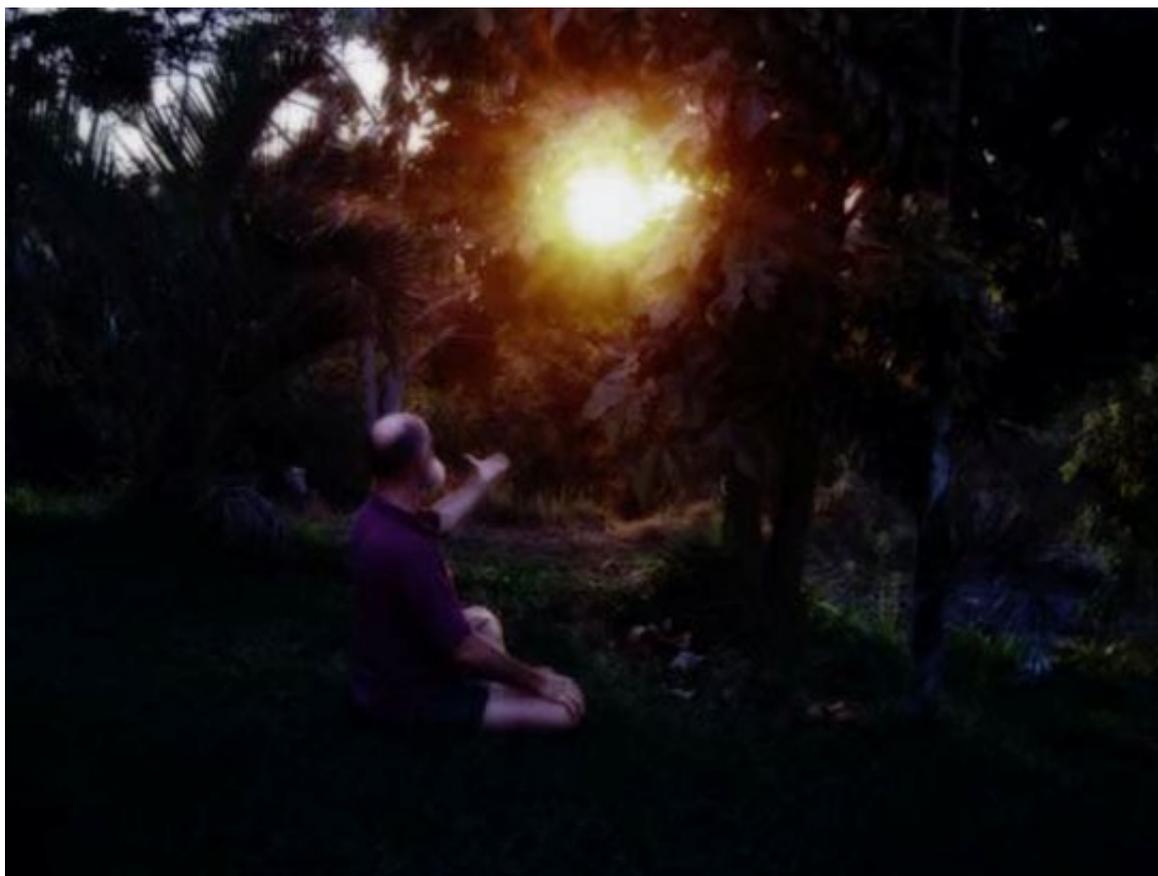
Relax between each exercise and let your breath be natural for a few seconds or minutes, and simply watch it and notice if it is becoming easier, or not, to breath more deeply and consciously.

Step Three: Observing the spaces in between

Now look at the spaces in between your incoming and outgoing breath. Watch, feel, and observe how much space you naturally allow between in and out breaths. Have fun experimenting with holding your breath in and holding your breath out, counting how long this takes each time. Make sure you always stay within your comfort zone, and don't strain your breath or your body at any time.

Relax in between each exercise and let your breath be natural for a few seconds or minutes, and simply watch it in its natural state and notice if it is becoming easier, or not, to breath more deeply and consciously.

At this point, you have become more familiar with you breath and hopefully feel you have some mastery over it. Just using these breathing techniques alone will be greatly beneficial for your wellbeing. The next step of the Magical Healing Breath is to identify and understand the physical, emotional, mental or spiritual condition you want to use the MHB with.



Part C: Understanding and Transforming Your Condition

With the Magical Healing Breath, we search for our condition in all parts of self – within our Body, Heart, Mind and Spirit. By locating and identifying your condition, and understanding and tracking its possible underlying feeling and contributing factors, you are more able to focus on how and where you will use the Magical Healing Breath. You may also find the underpinning feeling is located in a different place in your body than the original source of pain. You might also at first think you only have a physical condition to work with, until you explore it further to discover this condition has an emotional, mental, or spiritual component that you were not at first aware of.

Once you have tracked and located the pain, stress or tension in your body and have discovered the feeling that may be underpinning the pain, it is also beneficial, for the latter part of the breathing technique in particular, to think about how you would prefer to be feeling, or the state of mind and being you would rather be in right now. For instance, instead of feeling tense and nervous, you might like to feel relaxed and excited. Or, instead of feeling in pain, you might like to feel pain-free and energized. You might choose to feel connected, rather than lonely. Or, you might like to feel empowered rather than angry or helpless, trusting and free rather than fearful.

The steps for exploring each type of condition that we are applying the Magical Healing Breath to are outlined individually below to assist you to clarify both your present experience, track and measure its underlying feelings and intensity, and to determine how you wish to feel in its place.

Condition 1: Physical pain

We begin the process of healing physical pain by locating, feeling and discerning our condition, and naming it if we can; describing it out loud to ourselves. It is also helpful, for later comparisons after you apply the Magical Healing Breath, to measure the intensity of the pain as being Slight, Mild or Severe.

So, let's imagine you might have a mild pain in the right-hand side toward the back of your neck. You would say, out loud or to yourself:

There is mild pain in the left side of my neck at the back.

At this point you then add what you intend the pain to be transformed into:

And I want to transform this pain to feel free and energized now.

Once you have located and identified the level of pain, and described it and how you would like to transform it, you can use the Magical Breathing Technique, which is outlined below. This technique, if the pain is purely physical, will most likely have an immediate positive affect. However, if there is an emotional underpinning, you may take longer to track the pain throughout your body and identify the feeling that fits for you, as described below.

Summary

- o Locate where you are experiencing the condition.
- o Feel into it.
- o Discern, identify, and describe the condition.
- o Measure its intensity.
- o Track the underlying feeling.
- o Decide what to transform the experience into.
- o Use the Magical Healing Breath.

Condition 2: Emotional pain or discomfort

The process of healing emotional pain begins with the technique as outlined above under Physical Pain; however there are more in depth therapeutic techniques that can be added for a deeper healing to take place. These involve affirming how you feel underneath the physical sensation or experience, and supporting yourself to attend to this in a deep, nurturing way.

You are simply encouraged to identify the emotion that is presently manifesting, selecting a feeling that fits from the many feelings that have been identified within the human range of experience. To simplify this process, it may be helpful to know that there are four primary feelings that may underlie emotional conditions that are in need of healing that I refer to as FASS: Fear; Anger; Sadness and Shame. You may choose one of these, or another emotion that you see as being more fitting to describe the feeling beneath the condition you wish to work with.

There are other steps you will take when you begin to master the MHB technique that will enable you to feel and process the emotional pain before attempting to transmute it. You will discover these methods as you read more about healing with your breath below.

Once you have identified the underlying feeling and measured its intensity, think about how you might like to feel instead and name it. Some examples of how you might imagine this transformation occurring are mentioned at the beginning of this chapter.

Summary

- o Locate where you are experiencing the condition.
- o Feel into it.
- o Discern, identify, and describe the condition.
- o Measure its intensity.
- o Track the underlying feeling.
- o Decide what to transform the experience into.
- o Use the Magical Healing Breath.

Condition 3: Mind-energetic condition in the form of anxiety

Perhaps your condition is not manifesting as physical or emotional; rather you identify it as something energetic like anxiety, which may be triggered by thoughts or worry. Anxiety is something most of us experience at some time in our lives and it is often found to be associated with a condition known as depression. I am not referring to depression in any depth in this book, as it deserves more time and space than is allowed for here. However, anything you can do to assist stress and anxiety levels will have the potential to contribute to the management of depression.

Anxiety can usually be described as an experience of nervousness, apprehension, angst, and worry. The underpinning feeling associated with anxiety will often be fear, or it may also be shame. Of course, like most of our conditions in the present, anxiety is a learned habit or coping mechanism. We have learned how to be anxious as a child when we have not felt in control, or if we have had a major experience of being abandoned, or rejected, betrayed or shamed.

It has been my personal and professional observation that anxiety comes about when we have lost contact with the present moment. It is a state that is often attached to disconcerting or traumatic events from the past or, alternatively it may be caused by not being grounded into the present moment, and projecting fear into the unknown future. It is also associated to our state of mind at the time, perhaps when it is filled with scattered, negative and fearful thoughts and self talk.

We can often feel alone and unsupported when we feel anxious. I have found it very effective, in cases of anxiety, to call in the support of a Grandfather or Grandmother Ancestor (this may or may not be your own grandfather or grandmother, or it can be an archetypal or symbolic ancestor). Ask them to stand behind you and support you and begin the MHB.

It has been my experience that the Magical Healing Breath can be used with anxiety in a very affective way, and to do this well it is also beneficial, like the conditions mentioned so far, to name it as the condition you are working with, locate where it has manifested in your body and measure its intensity. You may also track its underlying feeling and decide how you would like to feel instead.

Summary

- o Locate where you are experiencing the condition.
- o Feel into it.
- o Discern, identify, and describe the condition.
- o Measure its intensity.
- o Track the underlying feeling.
- o Decide what to transform the experience into.
- o Call in an Ancestor to support you.
- o Use the Magical Healing Breath.

Condition 4: Spiritual-Energetic Condition in the form of Fatigue

From my own personal observation, and my experience as a counselor and energy healer, I am of the opinion that fatigue is not only a physical condition, it is largely influenced by a number of factors. Perhaps this could be from the impact of emotional issues, such as unresolved grief and loss, or dissatisfaction in a relationship or career, just to name two examples. Basically, it means you and your immune system are worn out and exhausted on an energetic level - with no energy to spare. From my experience, this type of condition will often also be related to one's state of 'spirit' - where one's life force energy has been drained, and there is a feeling of ungroundedness, spaciness, and disconnection.

Being fatigued makes it even more challenging to carry out any sort of self-healing, as we often don't feel we have the energy to do anything about it; we feel poorly and may have lost our self-confidence and spiritual drive. Often when we feel fatigued and overwhelmed, we long for someone else to come in and take over our lives and organize us.

I have found that the process as described for the other conditions above can be used for fatigue as well, with some additions. You begin with locating and describing the fatigue in your physical body, and then move into the underlying feeling and its manifestation in your body, which may be somewhere else. Measure the overall condition and state out loud how you presently feel and describe then how you would like, or how you intend, to feel.

At this point, if you are working with the condition known as fatigue, you might also bring in an archetypal or symbolic figure from your imagination who you feel can offer you support and empathy. You will become this archetypal figure so I suggest you choose the Self Nurturer, Healer or Carer to begin with. Make sure you are comfortable with this figurehead who you bring in.

Summary

- o Locate where you are experiencing the condition.
- o Feel into it.
- o Discern, identify, and describe the condition.
- o Measure its intensity.
- o Track the underlying feeling.
- o Track until you have found the source.
- o Decide what to transform the experience into.
- o Invite an archetypal figure or ancestor to support you if you choose to.
- o Use the Magical Healing Breath.

Part D: Healing With Your Breath

By now, you have learned the approach to using the Magical Healing Breath, including exploring how to understand and master your breath before locating, tracking, naming, measuring and observing your condition. At this stage, if you have applied what we have discussed so far, you may already feel significant improvement in your condition. It is now time to move into using your Magical Healing Breath to manage, and possibly even heal, your condition. In this final section, you will be guided to continue the healing process more consciously, and begin to build up your energy reserves with your breath. You will be guided to follow certain steps to bring in and direct your breath and healing light to surround and treat your condition, and to finally offer it to the earth for transformation.

The process up to this point:

By now, you have hopefully become familiar with your breath and all of what we have discussed so far is an important part of the MHB. However, the next step of the process takes you even more out of your head, and into your body and your feelings with your breath. By this stage you will have located, felt, identified, and perhaps tracked your condition with the help of your breath. You will have also thought about what you would like to transform the energy of your condition into. Now it is time to really use your breath as a healing and energizing tool, not just as a tracking tool.

The reason why we don't first go into releasing and changing energy if that it is important to build up our energy field first, so that we can come from a place of power. By mastering our breath and creating our own rhythm, we are taking charge of the healing process to some degree. And by having the intention of merely infiltrating and saturating the condition with our breath, we are surrendering into the power of our breath. We will often feel shifts in our energy and condition by building our energy through breathing into it alone, without having to feel we have to take it further and release and transform energy. The more we get used to using our MGB techniques, the more powerful affect the early stages can have.

Part of the process of building energy and light in our physical, emotional, mental and spiritual bodies is to connect with a source of light that seems to be outside of us. There are two sources of energy and light, or light-force-energy that I have found incredibly powerful and loving is the guiding, shining, protective, abundant, masculine-like energy that exists and comes from above us in the sky, primarily from the stars and sun. Then there is the nurturing, caring, transformative, and holding, feminine-like energy of the earth below. In simple terms I shall refer to these as Father Sky and Mother Earth. In the latter stages of the MGB, you will be connecting with these two sources of energy and light to not only build your energy bodies, but to transform and heal them at a cellular level.

The work that I have been shown on my path as a shamanic healer has lead me to understand that our memories from our experiences are stored in vibrational patterns at a cellular level. Our cells also hold memories of where we came from, before our earthly experiences. I have found that by connecting my clients with their original memory of the source of light where they came from, where we all connect at a soul level, they will remember the pattern that holds their full potential. It is this universal, light energy from the source that is being channeled through to us from the sky, and re-birthed to us from the earth. By calling in and consciously connecting with this source of universal life-force-energy, we have the potential to transform and heal imprints at a cellular level. This is the shamanic way.

Once you have moved through the process of infiltrating, saturating, transforming and healing imprints from the past at a cellular level, you will most likely become aware of energetic shifts happening within. These shifts often come in the form of a gurgling belly, sighs, deep breaths, shivering, spasms, and or tears. Or you may have a sensation of the light changing, or you could feel clearer or lighter in your body. It is possible to have one or more of these indications that you are transforming and healing energetic imprints.

Once you have felt these shifts, it will be time to return to the present moment and to ground yourself well before entering back into the three dimensional world that you began your healing journey from. Again, you can use your breath to reconnect you with the here an now, and breath into your body to waken it and come into awareness to bring your spirit fully home into the physical body, with an expression of gratitude, connecting with your feelings in your heart, and with positive thoughts in your mind.

On the way back into your body you may tune in once again before you completely come from the healing world you have been in, to gather together any insights, in the form of symbols or power animals perhaps, or you might have a sense of receiving inner guidance. You may also like to form affirmations that reflect new concepts and decision you have come to, to support you on your journey into the future.

Once you have brought all you need back into your consciousness, it is important to take time to ground yourself. A great way to do this is to rub your arms and legs with your hands, massage the back of your shoulders, gently massage your face, gently open your eyes, and when you feel balanced and grounded, stand and stretch.

At this point you can check in and measure how the condition you began with now feels – mild, or severe.

Aftercare

It is not uncommon for the healing that comes from using the process of the Magical Healing Breath to continue over a number of days, perhaps even up to a week. Stay in touch with your breath during this time, and drink plenty of water. Eat nurturing, nourishing food, and practice self-care. There may be moments when you feel to release more energy, perhaps you will have the urge to cry or laugh for no apparent reason. Just go with the flow. However, it is important also to seek professional advice if you feel you have opened up to more than you can manage on your own.

From here, in the final chapter, we will bring the stages of the Magical Healing Breath together in the form of a written meditation. Before we do that I will outline the process in a very condensed way, in point form.

- o **Locate where you are experiencing the condition.**
- o **Feel into it.**
- o **Discern, identify, and describe the condition.**
- o **Measure its intensity.**
- o **Track the underlying feeling.**
- o **Track until you have found the source.**
- o **Decide what to transform the experience into.**
- o **Invite an archetypal figure or ancestor to support you.**
- o **Connect with your Highest Self and Mother Earth.**
- o **Saturating and infiltrating every cell.**
- o **Gather all energy to the one place under your hand.**
- o **Keep your mind still and focused only on your breath.**
- o **Reconnect with your easy, normal breath.**
- o **Without attachment, track back in time to the source.**
- o **Healing and transforming with the light energy from above.**
- o **Release old and blocked energy.**
- o **Reconnect with your intention to transform energy.**
- o **Be aware of energy shifts.**
- o **Final cleansing breaths.**
- o **Express gratitude.**
- o **Reconnection and Grounding.**
- o **Measure and compare your condition.**
- o **Commit to your healing path.**
- o **Practice aftercare.**

As previously mentioned, in order to put all of this together, I have created an outline in steps for a meditation in the next chapter of the book. I suggest you ask a trusted friend, your partner, or family member to read it out loud to you so you can experience it with your eyes closed. Alternatively, you could read it yourself and tape it, or read it bit by bit, practicing each step as you go.

Summary

1. *Make yourself comfortable and remove any distractions.*
2. *Close your eyes, imagining yourself in an inner garden or nature.*
3. *Invite an archetypal figure or ancestor to support you.*
4. *Connect with Mother Earth below, and your High Self and healing energies above.*
5. *Breathe deeply inwards and locate your power centre, breathing in deeply from the earth up through your body, for four breaths.*
6. *Now breathe down from the sky into your power centre, allowing healing, light energy to build and overflow into your body and aura.*
7. *Think of a condition you would like to work with. Decide if the condition is physical, emotional, psychological, or spiritual.*
8. *Locate where in your body you are experiencing the condition. If it is above your heart, breathe it downwards to a more central place.*
9. *Gather all the energy to the one place under your hand. Feel and breathe into this place, feeling it build under your hand. Keep your mind still and focus only on your breath and the energy building.*
10. *Discern, identify, and describe the chosen condition and measure its intensity – slight, mild or strong?*
11. *Track the condition into the underlying feeling – fear; sorrow; anger or shame?*
12. *Infiltrate and saturate the condition and feelings with your in-flowing breath.*
13. *Further track beneath the condition until you have found the primary source - An experience of being controlled; rejected; abandoned; betrayed; shamed?*
14. *Breathe your in-coming breath into your power centre now for a few breaths, and direct your outgoing breath into the condition you are working with, infiltrating and saturating it with your healing breath and fully acknowledging it for a few minutes. Direct your out-flowing breath through the condition and down to the earth, releasing old, blocked energy.*
15. *Step back and be the witness if the energy becomes too intense.*
16. *Have the intention to heal and transform the energy within the earth. Invite in a new experience of freedom; acceptance; support; trust; or validation, or choose or create something that suits you.*
17. *Continue to breathe into your power centre and out into your condition and through this down to the earth until you feel a slight shift. This could be a release of energy as you are now able to take full, clear breaths, or it could be that your tummy gurgles loudly, or you might simply feel your energy change and shift.*
18. *Now breathe the transformed energy up from the earth into your power centre, taking four final cleansing breaths, then reconnect with your normal breath.*
19. *Express gratitude, and reconnect with the earth, grounding yourself.*
20. *Measure and compare your condition.*
21. *Commit to your healing path with a goal for the next 24 hours.*
22. *Practice aftercare.*

A GUIDED MEDITATION WITH THE MAGICAL HEALING BREATH

The steps for The Magical Healing Breath are now reproduced in more below so they can easily be used as a checklist and guide. Reading the text before hand and taking time to learn how to guide your self through each stage allows for a fuller experience. Or, you can purchase a CD on line at my website that may make it easier at first to learn how to use this breathing technique. However, you will do well to fine tune the technique to suite your own individual needs.

Remember, the Magical Healing Breath is designed so you can take it anywhere and use it at any time. I encourage your to practice it until it becomes second nature to you to turn to your breath for healing and support. You will most likely find you will put together a simple version for yourself eventually.

The steps for the Magical Healing Breath

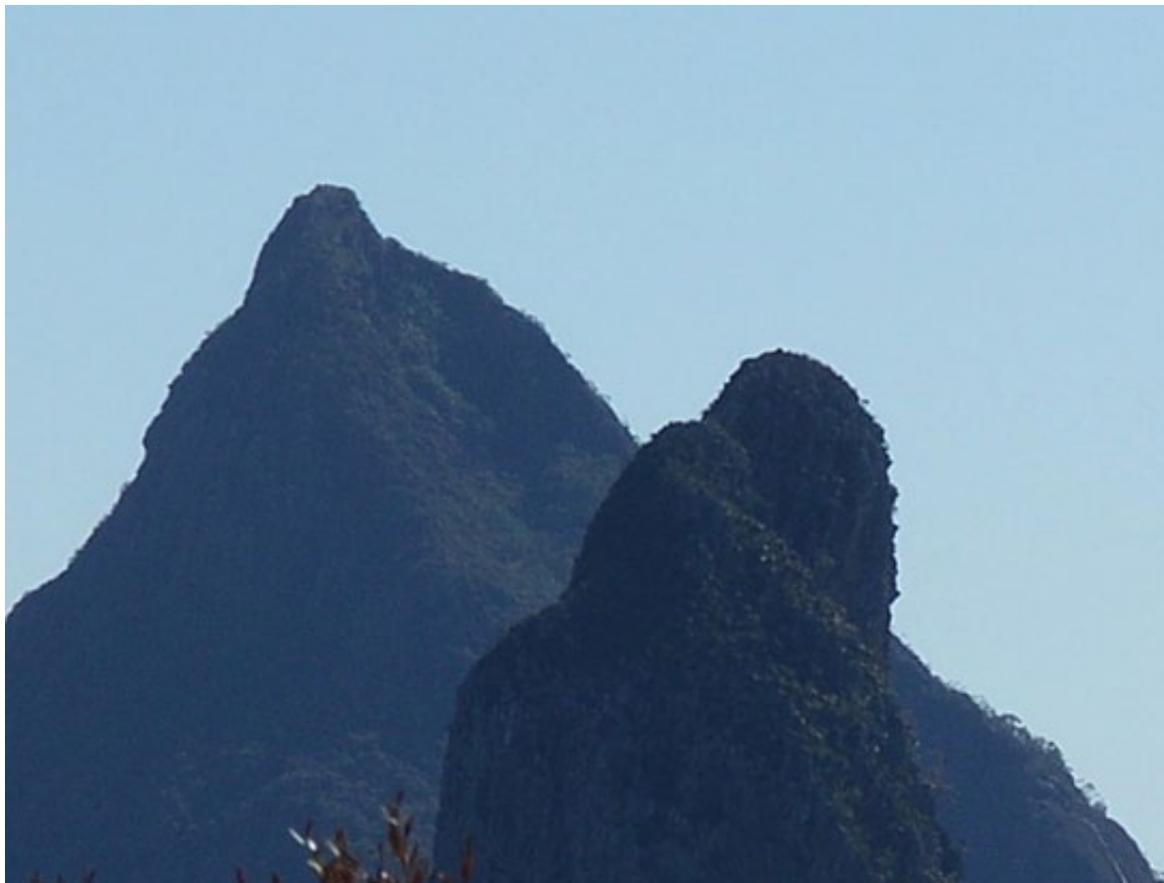
- 1) *Remove any distractions, such as taking the phone off the hook, and make your self comfortable, sitting in a chair, or on the floor, in a position where your spine is up right; remembering as you go through the steps, you will be the Watcher, observing your body and your feelings as you go through each process.*
- 2) *Close your eyes and imagine yourself in a healing place in nature, perhaps in an Inner Garden.*
- 3) *Invite in an archetypal or symbolic figure such as your Inner Healer, Nurturer, Archangel Michael perhaps, or a Guardian or Grandmother or Grandfather who you can ask to support and hold you, and keep you safe.*
- 4) *Connect with the healing energies below in the earth and the healing energies above in the sky, or Mother Earth or Father Sun. You might prefer to refer to the higher energies above as your High Self, your Divine Creator, Great Spirit, or God of your own understanding. Use your own language and belief system to guide you to connect with a powerful healing energy, a Universal healing power.*
- 5) *Become aware of your breath and notice where you feel the strongest and most powerful energy source within your body. This is your power centre and may be in the area just above your navel, or it may be in your heart. It could be somewhere else. If it is in your head, try to drop the energy further down as you are most likely thinking rather than feeling. Build up this power centre with your breath for several minutes, breathing through your feet up from the strength of the earth into this place. Do this for four breaths.*
- 6) *Now bring your breath and light energy in from the sky through your crown. Allow the energy to overflow into the whole of our body, and around it into the energy field, or aura, that surrounds your physical body.*
- 7) *When you feel you have built up the energy within you power centre from both below and above, think about the condition you want to work with. Begin to locate and identify the condition you are treating. Breathe now from your power centre into this condition, and decide if it is physical, emotional, psychological or spiritual?*

- 8) *The energy from this condition may well be scattered throughout your body. If you are sensing, or imagining the condition is above your heart, you are probably thinking rather than feeling. So breathe the energy down until you find a strong, powerful connection within the centre of your being. This may be in your heart space, or can often be deeper just above your navel, or in your belly.*
- 9) *Bring the energy related to the condition you have chosen to work with into one central place, choosing to work with the most noticeable area that this energy exists in your body. Place one or both hands in this location if you can reach it. Keep your mind still and focus only on your breath and the energy building within this one central place. Imagine you are saturating and infiltrating every cell within in this place within you. Keeping your eyes closed, allow all the sensations of your breath coming in to saturate and infiltrate every cell to be fully experienced. You may, or may not, see lights change or movement, or have a sense of energy pumping through you as you fully connect with your breath in this way. At first, there is no intention to heal or change anything, simply to breathe into, to fully acknowledge and experience the condition you are working with. However, you will have a sense of what it is you would like to receive back as transformed energy once you have released the energy you are working with. You may, or may not, see this heavy energy that you are working with build, drawing it from every nook and cranny in your body. Direct your breath to search out for any energy that is attached to the condition you are working with and to bring it together under your hand. Gather it all together like a mother hen gathering her chickens from the farmyard, and placing them securely under her wings.*
- 10) *Discern, identify and describe the energy now, attempting to 'see' it, using your intuitive third eye and your imagination. Your third eye sits between your two seeing eyes, and if you connect with it consciously it is like switching it on. The energy you are working with may appear to be thick and cloud, and it could appear to be grey or purple, or another colour. Don't worry if you can't 'see' the energy. You can describe it by how it feels, and its texture. It may feel heavy, or light, smooth or harsh, for example. Or you might decide it is warm, or hot, or cool under your hand. Measure the intensity of the energy or feeling as you experience it happening NOW. Is it slight, mild, or severe?*
- 11) *Track and name the emotional feeling attached to the physical experience; this could be fear, anger, sorrow or sadness, or shame?*
- 12) *Infiltrate and saturate every cell with your in breath. Do your best not to make any judgment about your experience. Just let it be what it is – energy being infiltrated and saturated with your healing breath.*
- 13) *Track beneath the condition until you have found the primary source or present experience, this could be an experience of feeling controlled; rejected; abandoned; betrayed; shamed?*
- 14) *Now, breathe into your power centre once again, and direct your outgoing breath into the condition you are working with, this time humming gently to direct the energy. Direct your out-flowing breath through the condition and down to the earth, imagining you have roots going deep into the earth's core or heart, and release old and blocked energy. You may notice your breathing becomes deeper, and you're the feelings more intense. You may find yourself crying, or shuddering, as the energy stirs within you. Keep your breath flowing, breathing from the earth and into where you have located the condition. Every now and then come back to your normal breath, before you fully connect once again with a deeper, more conscious way of breathing, from the sky and the earth. As you locate the tension, stress, pain, anxiety, fatigue, or any other condition in your body, keep breathing into its deepest source, tracking it back in time. At this point images and memories may come to mind. Try not to be attached to this if it happens. Just let it all pass through, this time breathing down with your out breath to the earth.*

- 15) *Step back and become the witness if at any time the feeling becomes too intense. Allow yourself to fully feel the energy around the condition or feeling. You may have some connection at this point from where this condition or feeling first came from. You may have a sense it is not yours and had come from someone else. Allow the insights to come without needing to go into details. Just watch and observe the energy around the condition or feeling. The intention is to not get caught up in the story or memories attached, rather simply see all of this as energy that can be transformed and healed in time, but first it needs to simply and fully acknowledged.*
- 16) *Have the intention to heal and transform the energy within the earth. This could be a new experience of freedom; acceptance; support; trust; or validation? Choose or create a new experience that suits you. Feel a doorway opening somewhere inside of you to allow the transforming light to enter. Allow your Magic Healing Breath to transmute the energy into however you want it to be transformed into. Perhaps fear is transformed into freedom; anger can be transformed into personal power and positive focus; sorrow can be transformed into love or acceptance; shame can be transformed into self-acceptance.*
- 17) *Breathe the transformed energy up from the earth into your power centre. Continue to direct your out-going breath into the condition and down to earth. Feel the strong energy and light come in with your breath. A glowing or coloured light may accompany your breath to infiltrate and saturate every cellular memory within you. At this point you can begin to have the intention to heal and transform the energy within you, while at the same time releasing old energy to the earth. Be aware that your in-breath is a healing, cleansing one, and that it can wash through you and down to the earth, taking anything that may be blocking you or preventing you from health and wellbeing. Continue to breathe deeply into the source of your condition or feeling, infiltrating, saturating and healing this then and now. Stay with your breath until you feel a shift or are ready to move on. These energy shifts may come in the form of a deep sigh; a clean breath; or perhaps a deep sigh or tummy gurgles. Take four final cleansing breaths, and then reconnect with your normal breath.*
- 18) *It is time now to come back to this world, reconnecting with the earth, grounding you.*
- 19) *Perhaps you would like to express gratitude for the healing and your breath. Bring yourself fully back into your body, feeling each part of our body, from the tip of your toes, all the way up to the top of your head. Stretching out your feet, your hands, your neck, and your torso; move your jaw and mouth around, and touch your face, gradually bringing yourself all the way back to the present moment and back into the room. Open your eyes, if you haven't already.*
- 20) *Measure and compare your condition to how it felt initially. Observe your breath and allow yourself to continue to feel relaxed.*
- 21) *Check in and think about what you are prepared to do in the next 24 hours for this healing to continue. Remember your intention and what positive energy you have invited in for transformation. Set a goal that will support your healing, with a time and a date. Perhaps you could form a positive affirmation to support your intention – something like " I open myself up to healing light and love now".*
- 22) *Practice aftercare. Have a glass of water and take some time to rest and integrate your healing if you can. Perhaps you might like to take some notes or write in your journal. Remember to seek professional help if anything comes up that seems to be too much for you to manage on your own.*

CONCLUSION

You have been introduced to a number of breathing practices to assist your own self-healing in this book. In combination, these breathing techniques and reflective processes form what is referred to as the Magical Healing Breath. When you learn how to use your breath as the first port of call to aide healing, it will eventually become a habit and in no time you will notice you are breathing more effectively without having to think about it. As a result, your over all health has a much better chance to improve, and your capacity to manage challenging conditions will increase. If you have any difficulty following the instructions in this book, I highly recommend you purchase the CD that accompanies the book. In combination, you will soon find you have a greater understanding of the Magical Healing Breath and its powerful healing potential.



ABOUT THE AUTHOR



Heather was born, lived and worked on or close to the land for thirty-eight years. She moved to Brisbane, Australia in 1995 where she trained to become a social scientist, counsellor and shamanic healing practitioner.

For the past 7 years, Heather has been training in Shamanic Path & Practice. She also creates sacred space within living and working environments, and holds ceremony for community gatherings.

For the past 3 years Heather has taken her exciting insights and modalities to the business and corporate world as a Consultant for Wellbeing in life and the workplace.

Guided by shamanic principles and universal observation, Heather endeavors to help people discover their personal and life purpose to find new and creative ways to live life with deeper meaning and connection with their Inner Self and the earth. She works with a variety of transpersonal and shamanic tools.