

## Expanding Breath Technique

Purpose: expand your current capacity to receive love, money, support and appreciation

How to do it: 3 times per day, in a friendly environment (in the nature, on the walk, alone in a safe space, surrounded by nice friendly people-hikes, concerts, so on)

Inhale and exhale imagining the following:

light in/release 2 breaths

light in/ fill your body with light 2 breaths

light in/ expand your reach, touch all you want with your energy/ your work/people you want to reach/your soul 3 breaths

light in/ground yourself- get ready to take action 1 breath