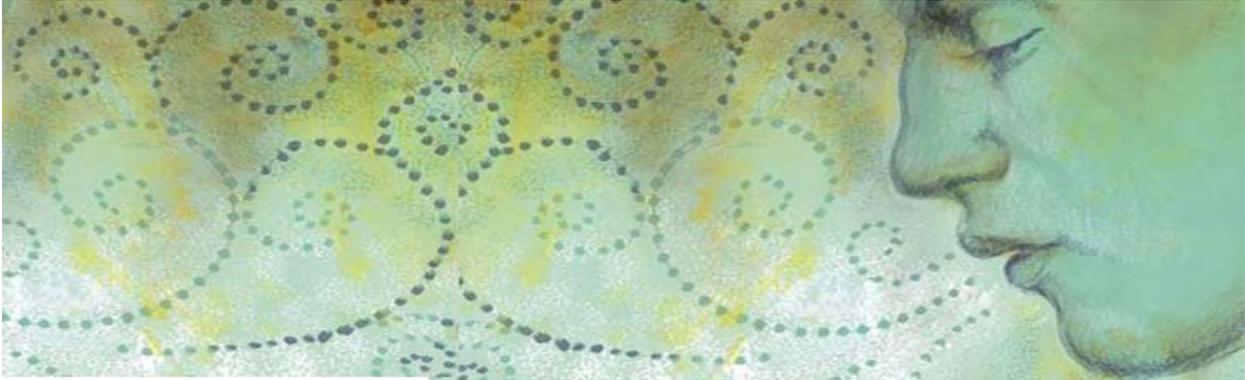


Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom



# Use Your Breath to Free Your Life:

## 5 Keys to Greater Vitality, Awareness and Personal Freedom

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## Congratulations!

Just by downloading this e-course you've shown that you are ready to take your life to the next level. I am excited and honored to be with you on this journey. I know that adding the power of the breath to all of the tools and resources that you already have is going to propel you forward in your personal and spiritual growth.

We are living in exciting, challenging, potent times that call us to realize the truth of who we are, and to find new ways of relating with ourselves, with each other, with the earth, and with the other beings with whom we share this planet. All healing and growth begins inside, with your relationship with yourself. From this relationship springs all other relationships. So the journey begins inside.

Yet we were not taught to know ourselves, much less love and accept ourselves. We were raised in a coercive, emotionally and sometimes physically violent culture that did not honor our needs, our feelings, and our creativity.

Fortunately we are living in a time when we are realizing the detrimental impacts of this way of being, and we are developing tools and the awareness for living from the heart. As we shift to living from the heart, all of our relationships, our institutions, our work, our play, and our creations will change as well. This is the grand experiment of our time.

Wherever you are on your own journey of exploration, growth, and healing, I salute you! I welcome and acknowledge your contributions to yourself, your loved ones, your communities, and your corner of the world. I offer my support to you—let me know how I can serve.

Clarity Breathwork™ provides you with unparalleled support on many levels. Make the investment and take action to explore what is really being presented here—as you do, notice how your experience changes. I am delighted to be your guide in exploring the possibilities. Cheers to your increasing vitality, awareness, and freedom!!

Warmly,



Maggie Ostara, PhD  
Clarity Breathworker & Spiritual Counselor

## Key 1: Breathe Fully to Live Fully

### **Are you tired, foggy, and unfocused more than you want to be?**

Just on the physical level, the brain is a huge hog for oxygen—it needs oxygen more than any other part of your body and begins to die in just a few minutes without it. (It likes a lot of really pure water, too.) If you aren't breathing deeply enough, often enough, you'll find yourself thinking and performing with far less capacity than you actually have.

All the cells in the body also depend on oxygen for energy and to release toxins. The lymphatic system, which takes away toxins and waste, depends on the breath to pump its fluid and thereby cleanse the body. Shallow breathing keeps you alive, but it may not be enough to give you energy, effectively clean yourself from the inside out, and utilize your full capacity.

Healers, doctors, and spiritual teachers from all different traditions recognize the power of the breath to create greater aliveness, health, and sense of well-being. If you experience physical comfort, such as back aches or headaches, or chronic conditions, such as asthma or fibromyalgia, breathing deeply may help bring you relief and healing. In addition, working with your breath can help you with your thinking capacity, your emotional fluidity, and your personal and spiritual growth.

### **Take a deep breath—Ahhhhh!**

Right now, close your eyes and notice how you are breathing. At first don't change it (though of course it will change a little just because you are paying attention), just notice how you are breathing. Your breath is the only function in your body that both works automatically, and that you can consciously control—everything else works either one way or the other. So have a moment of gratitude that your breath just keeps on going, even when you're not thinking about it.

Now take a deep breath in and ahhhhh, gently let it out without forcing or pushing. Take a few more deep breaths and then notice any changes in how you feel. Deep breathing immediately calms you down, releases tension, and brings you into a deeper state of awareness of your body and your emotions. No wonder we say "take a breath!" when there's an accident or anger present.

Deep breathing also helps to move energy that's been stagnant or stuck in the energy field of the body. Stagnant energy comes from three main sources: suppressed emotions, limiting beliefs, and unmet needs. Stagnant energy can lead to blocks and knots in your physical body, creating discomfort and pain. Unattended to, this stuck energy can accumulate and eventually create an environment hospitable to disease—just like a swamp creates a friendly environment for algae, bacteria, and mosquitoes. And when stagnant energy moves, you'll often feel a deep release and states of bliss are common.

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5 Keys to greater vitality, awareness, and personal freedom

### **How you breathe is how you experience life.**

If you are like the rest of us, you breathe pretty shallowly, at far less than your true capacity. Chances are you are living your life the same way, at far less than your true capacity. There are many reasons for shallow breathing, the two main ones being birth trauma (especially the umbilical cord cut too soon), and living in a high stress environment. Fortunately you can work with your breath, and by learning to breathe more fully and to continuously connect your breaths, you can change how you experience life. All aspects of your being are connected—breath, physiology, emotions, thoughts & beliefs, deeper needs and desires, energy field, and your higher self or soul. When you effectively work with one, your whole being reorganizes itself around the change.

### **Open your breath, expand your awareness.**

Take a few more deep breaths, connecting your breaths at the bottom of the exhale and the top of the inhale, and again notice your experience. If you breathe this way even for a few minutes, typically you will feel a sense of expansion. You may notice that as your energy begins to flow, your experience of the room changes, and you may feel tingling in your fingers or toes. The last section of this e-course includes a guided 10 minute breathwork session so you can see what this is like for yourself.

In addition to the physiological connection between breathing and aliveness, there's also a metaphysical or spiritual connection between breathing and aliveness. Breath is how we take in life force energy, also called prana or chi, literally how we take spirit into our bodies. In many languages the word for breath and spirit are the same, acknowledging this primary relation. As you bring in more breath, you also open the pathway to source energy, to your own higher self or soul, and to your spirit guides. Full, connected breathing can be very pleasurable, creating a deep sense of well-being.

### **Invitation: 20 connected breaths a day.**

In this audio e-course you'll be learning about how a particular breathing technique called Clarity Breathwork™ can help you feel more alive. You will also be introduced to our underlying philosophy, which creates a framework for working with the breathing technique. You can get started right now, as you have been already, exploring how deepening and connecting your breath affects you. We recommend 20 connected breaths a day as a way to build your breath awareness and to move energy in your body and being. Give it a try. Breathe fully into your heart, all the way to the top of your head, then gently and immediately begin your exhale. At the bottom breathe in right away again, breathing all the way up, then letting go without pushing or forcing.

In the next segment of the course you'll learn more about how breathing can help you release unwanted patterns and create more personal freedom.

## Key 2: Release Unwanted Patterns

### Are you experiencing annoying, repetitive patterns?

Do you ever find yourself wondering:

- “Why does the same thing keep happening to me?”
- “Why do people treat me like this over and over again!”
- “I can’t believe I’m feeling the same way again—I thought I understood this and had resolved it for myself. What am I not getting?”
- “How can I really create a lasting shift?”

If you do, and most of us have, then chances are that you are connecting with limiting beliefs that are lodged deep inside your unconscious. You are a powerful creator of your own experience. If you don’t know why something is happening, and especially if it keeps happening to you, then the belief that’s creating it is lodged in your unconscious. The frustrating part of this is that you don’t seem to have access to the reason—it’s stored away where seemingly you can’t get at it. The empowering part is that once you do bring that reason into consciousness—and Clarity Breathwork can help you do just that—then you have more choice about whether you want to keep on believing it or not. Limiting beliefs are connected to suppressed emotions, stagnant energy, and unmet needs. Together they create powerful blocks in your energy system that impede the flow of your life force energy.

Take a moment to notice how you are breathing, if you are breathing. These repetitive patterns tend to be associated with holding your breath, and just talking about them can trigger that response. Take a few deep breaths before you continue on.

### Learning to disconnect.

Our culture constantly invites us to disassociate from ourselves: to watch TV and movies, to eat too much, to drink too much, to follow other people, and to get lost on our computers ☺. We learn to look outside of ourselves for answers and purpose, and ignore the wisdom and guidance that lies within. We’re taught from childhood to obey, to take directions, and to perform. We are punished for resistance, and rewarded for submission. We learn that our needs and desires don’t matter, that we’re not good enough or not worthy, that we have to fight and struggle in order to succeed, and that that is “just the way it is.” What a bunch of hooley!

Still these lessons come early and they usually go deep. By the time you’re an adult you probably are not even aware of them any more because you’ve filed them away in your unconscious. You may be acting them out, or trying to prove they are not true, or projecting them onto other people—but in any case, these beliefs are still creating your sense of yourself and your reality. We all have some version of these limiting beliefs—do you know what yours are? Take a moment to consider: what do you

**Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom**

believe is “just the way it is?” What do you believe about yourself, about relationships, or about life that holds you back from expressing yourself and feeling fully alive?

### **Let go of out-dated beliefs.**

Fortunately it is possible to find relief from, and even release, these unconscious, limiting beliefs and the annoying patterns that develop out of them. The first step is to become aware of them. To get a clue, take a look at the patterns that keep showing up. Then ask yourself: what would I have to believe in order to create this result? Explore the possibilities—be imaginative—whatever you do, don’t be logical because limiting beliefs are emotionally rather than logically based.

If you want to go deeper, Clarity Breathwork is a very powerful, yet gentle and simple, tool for moving the energy of limiting beliefs, and the suppressed emotions associated with them. When breathing deeply, continuously, and with intention, your body will bring to the surface the limiting beliefs that you are ready to let go. I have experienced personally and witnessed in many clients shifts in even deeply entrenched emotional and behavioral patterns.

Sometimes the beliefs seem so real, and by giving them your energy you make them come true in your life. Because you are a powerful creator, you attract situations and people who seem to prove that your beliefs are true. I remember one client who kept saying about aspects of her life that “it’s just so hard.” I asked her: “would you be willing to believe that life could be easy?” I could tell she was a little shocked, but she answered: “I would be *willing* to believe”—and we both knew that at that moment she didn’t believe it. She told me later that inside a voice had said, “sure, I’m willing, but any joker knows that life is hard!!” Even so, simply being willing enabled her to begin to unravel her attachment to that belief and to experience some relief.

### **Breathing deeply moves energy and creates release.**

Breathing deeply and continuously fills your body with life force energy (as well as oxygen) bringing new vitality into your energy system. Breathwork can actually help you breathe out of your system the energy of limiting beliefs—and then it’s gone! In the example above, my client was breathing when I asked her that question. Because she was breathing, the limiting belief was right on the surface—she could identify it immediately, and her willingness enabled her to breathe it out of her body. Is it completely gone? In most cases there are multiple layers to these beliefs, like the proverbial onion. Still, that particular layer is gone for good. And I am happy to report that that client now experiences far greater ease and joy in her life—and you can, too. By releasing out-dated beliefs, you can begin to pull the plug on unwanted, repetitive patterns, create more flow in your energy system, and more freedom of choice in your life.

## Key 3: Feel Your Emotions

Do you find that those repetitive patterns we talked about last time are often emotionally charged? Does it seem that your response to the situation exceeds what is happening at that moment? Would you like greater clarity about what's happening inside of you, greater understanding about the source of the triggers? Would you like relief from emotional patterns and perceptions you may have experienced over and over again?

### **It wasn't safe to express your feelings.**

Most of us learned to suppress our emotions because it wasn't safe to express ourselves in our families and the environments in which we grew up. Sometimes this was the case with any feelings at all, either joy or sorrow or anger. At others it was when our feelings went against the beliefs and desires of the adults who had authority. Many adults are uncomfortable with strong emotions of any kind, and in an attempt to not feel that discomfort they teach children to hold in their emotions ("shut up," "don't cry," "there's nothing to be afraid of," "go to your room," that sort of thing).

You may have felt fear, shock or shame because of how you were spoken to or treated, and then guilty or worried because of the intensity of your emotions. Fear, shock, shame, guilt and worry are particularly painful emotions that tend to get stuck in your energy system. We live in an emotionally dysfunctional culture, and few of us were given tools and support, much less training, in how to be with and express our emotions, especially the sticky and difficult ones. (Fortunately things are changing, at least in some families. But those of us not so fortunate have our own healing to do.)

### **Suppressed emotions don't go away, they just go deeper.**

If you stuffed your emotions in an attempt to be loved, accepted, and safe, those emotions are still with you. They are lodged deep inside your energy system as stuck energy. Emotions are very powerful, and it takes a lot of energy to keep them suppressed. If you're feeling tired, or listless, or without vitality to fully enjoy your life, it may be that the (typically unconscious) effort you are making to keep your emotions suppressed is draining your life force. Moving that stuck energy will help free up your energy so you will feel more alive—in this moment—not stuck unconsciously relating to a situation in the past that you haven't digested.

### **Painful, stagnant emotions stem from limiting beliefs.**

Very often painful feelings come from connecting with limiting beliefs. It's painful, for example, to believe that "I am not enough," or "I can't get the love that I want," or "life is hard." These beliefs are painful because they judge who you are ("I'm not good enough"), what relationships are like ("I can't get the love"), and what life is like ("life is hard"). Judgments constrain and constrict our life force energy & sense

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**Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom**

of possibility. Such core beliefs—and everyone has one or more—were learned early and are lodged in your unconscious. Often you don't even know they are there. Even so, because energy follows thought, and you are a powerful creator, you can attract or unconsciously create situations that seemingly prove these beliefs to be true. It's a self-perpetuating cycle, because when your experience "shows" these beliefs to be true, you believe them even more, and eventually you think, "that's just the way it is."

These sticky emotions and painful beliefs often reside just under the surface of our awareness. You may have developed effective ways of managing them, yet still find them bursting out, often at the most inopportune moments. Deep, connected breathing can help you bring those emotions, thoughts, and beliefs to the surface where they can become conscious. Clarity Breathwork is exceptionally effective and efficient at actually releasing the stuck energy of these emotions and beliefs from the cells of your body—and then it's gone.

### **Welcome your emotions.**

Because most of us learned to suppress our emotions, it can seem scary and unsafe to begin to feel them again. Emotions *are* powerful, and a common fear is that once "unleashed" emotions will take over your life. If you listen carefully, you can hear the limiting beliefs of parents and school teachers echoing this fear: children need to be controlled. This is an understandable—I say *as a parent* :0—yet not very functional approach to emotions (and children!).

Emotions are part of the gifts of being human, our beautiful and amazing ability to feel so many different ways. The more you open to feeling what's inside you, the deeper you can feel everything, and the easier the energy moves. When you're open and relaxed, your emotions flow freely. Watch a young child and you may see joy, sorrow, desperation, and delight, all fully expressed in a period of a few minutes. As you give equal opportunity to all of your emotions to flow through you again, you will feel more alive, more free, more gratitude for being here in this body, on the planet, right now.

Some times I hear clients say, "I don't want to feel sad, I just want to feel happy." This thought comes from believing that sadness is painful or distressing. My experience is that sadness—when it is felt without judgment of self or others—can actually be sweet. There's a depth and purity to the emotion that feels real and can bring vitality. It's when sadness is accompanied by guilt, shame, anger, fear or worry that it becomes painful to experience. And it's not actually possible to jettison some emotions—like sadness or longing—and just feel the ones you find acceptable—like joy and bliss. When you shut down one emotion, you shut down the "whole kit-n-kaboodle" as my in-laws from Minnesota would say.

Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom

**Connect with how you feel.**

Take a few deep, connected breaths. Allow your mind to soften, your thinking to slow down, and your awareness to expand. Take a few more deep breaths, and notice how you feel—what does your body feel like, what emotions are you experiencing. What comes up for you as you go inside and connect with what’s going on in there? Allow yourself to feel whatever presents itself without judging it or trying to change it. Just notice and feel. Do this again later and notice how your feelings have changed.

**Create aliveness by connecting your feelings with your needs.**

Deeper below the limiting beliefs and painful emotions lies a river of feelings that move easily. Connecting with your deeper needs guides you to these flowing, more enlivening emotions. Of course mostly we were raised to believe that our needs don’t matter, at least as much as those of the adults in our lives. And now as adults it can be difficult to even know what we need. Ironic, huh? All the more reason to explore inside: what am I actually feeling, and what do I really need?

“Need” here isn’t only about what you need to survive, although sometimes it feels that way. It’s also about what you value most, what makes you feel alive, that which makes life worth living. I also call these soul qualities—like contribution, peace, beauty, self expression, responsibility, pleasure, creativity, belonging, connection, sovereignty. Connecting with the life force energy of these qualities nourishes your aliveness, nourishes your soul. What are some of the needs/qualities that are most important to you? How do you feel when you drop inside and feel their energy? How are you cultivating them in your life?

In the next lesson, we’ll explore connecting with source energy and the soul level—where it all comes together!

## Key 4: Connect with Source Energy

Would you like a way to create lasting change in your life? Do you want a bigger picture of your life, a clearer sense of purpose? Would you like to make a meaningful contribution to the world? Do you long to feel more connected to who you truly are, and to receive guidance about your highest path? Breathing deeply and continuously creates an expanded state of awareness in which you may experience a deeper, stronger connection to your own soul essence.

### **Breathing opens a portal to your unconscious mind.**

After just a few minutes of connected breathing, your experience of your body, the room you are in, your emotions, and your thoughts, will change. We've already talked about how breathing helps to release tension, calms you down, and moves stuck energy that is blocking your natural flow. The breath also opens a portal between your conscious and unconscious mind, allowing what's been lodged deep within to come to the surface. Sometimes suppressed emotions and limiting thoughts come to the surface so they can be felt, understood, and released. The unmet needs that lie underneath suppressed emotions and limiting thoughts may then be revealed. Connecting with these unmet needs brings a new state of consciousness, a greater aliveness. With Clarity Breathwork this process is gentle, efficient and effective. Very often after a release of energy and/or emotions, you will experience a deepening and broadening of your perspective.

### **You are a powerful Creator.**

We all are individual centers of consciousness within the one consciousness, within the All That Is, the Divine. As such, each of us is a powerful creator of his or her own experience. We create with the thoughts that we believe are true and that we energize with our emotions. As we've talked about, typically many of these beliefs are unconscious. We are not even aware that we are perceiving reality—including ourselves, each other, and the world around us—in a particular way. We think "that's just the way it is." Nevertheless, these beliefs powerfully direct our energy in specific directions and attract to us circumstances and experiences that align with them.

By opening a portal to your unconscious mind, breathwork makes it possible for you to more deeply experience yourself as a powerful creator. When you become aware of what had been unconscious, you can see connections between your beliefs and your experiences. With this larger perspective, you can become more accepting, and judgment tends to drop away. The struggle with the past dissolves in the context of greater understanding. From this place true change is possible because the true cause has been located, and taking responsibility for your life becomes obvious.

Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom

## **Breathing connects you to the soul level.**

Breathing is literally how you bring spirit into form in your body, how you keep your spirit alive in your body. Using breathwork as a spiritual practice, you can gain access to your sense of who you are as spirit in human form. Your soul is that expanded part of you who understands your journey through the lifetimes, what your lessons and blessings are, what you've come to learn, and what your purpose is. Your personality—or the you who you know as you—is always connected to your soul, yet the access may not always be clear. When you are busy managing suppressed and painful emotions, judgments, and limiting beliefs, it may be difficult to feel that soul connection.

As breathing deeply and continuously releases unwanted patterns from out-dated beliefs and stuck emotions, it clears the path between you and the soul level. You don't have to know what your soul "is," or understand what this means—the soul level is beyond the grasp of your thinking mind. Nevertheless, through breathwork you can open to this plane of reality and experience its benefits. Within the container of your soul or higher self, your personality can relax its defenses, surrender to a greater wisdom, and open to a bigger, more evolved understanding of your life and who you are.

From the soul level, you may receive guidance about your next steps, about a transition you've been considering, about relationship issues, or a career change. You may gain insight about how what had appeared to be unrelated experiences now add up as themes or threads, showing you what you are learning in this life. You may also feel a deep sense of acceptance for your journey and all that you've been through. You may experience love and energy pouring into you from your soul and your guides. Information, decisions, and learnings from other lifetimes may become apparent. You may have a deep sense of well-being, or a profound sense of possibility. States of great expansion and bliss are common.

## **Your intention is key.**

*"What will you do with your one wild and precious life?" --Mary Oliver*

Take a few full, connected breaths, and ask yourself: What am I wanting most right now? What are the most significant questions or issues I am facing, that I would like support around? Take a few more breaths, and go deeper inside. Ask again: What do I value most, what really matters? What do I really want? What do I *really* want? Where do I intend to direct my energy, to use my creative power?

Connecting with your deepest needs and desires—your soul qualities—connects you with your aliveness, your reason for being. Do you intend to live near the surface, managing? Or do you want to dive deeper, to know what's truly inside of you, to experience your soul essence? If you want to go deeper, learn to use your breath to free your life.

## Key 5: Experience Clarity Breathwork

So now you get to try it! Read this before you listen to the accompanying audio as this includes instructions on how to set yourself up for an optimal experience, and the breathing technique itself.

### **Setting up your session.**

Set aside some time when you won't be interrupted. The audio includes a guided breathwork session that's about 10 minutes. You may well want a little more time to fully experience the process, and once you get going you may want to keep breathing for awhile. After you've listened to the session a few times you will get a sense of how much time you'll really want—and it may be different on different days.

Create an intention and have a pen & paper handy. What would you like to release, transform, gain insight about, or create for yourself? You might want to have a pen and paper or journal handy so you can write down any insights, ideas or messages that come to you when you're breathing.

Find a comfortable position. For this 10 minute session I recommend that you sit up. If you feel strongly the desire to lie down, experiment with that. I suggest sitting up as this position will give you feedback about your breath. Sitting up also will keep you more alert, and sometimes breathers (especially ones new to the practice 😊) have a tendency to drift off as they find their bodies relaxing. I suggest sitting on the edge of a chair, or with your back supported. It's important that you feel comfortable so you can relax and not be distracted by your posture.

Stay alert. A key point for your breathing is to find the balance between relaxing your body, softening your mind and thoughts, focusing on your breath, noticing how you feel, and staying alert. As with meditation, some times when you shift into a different state of awareness you may find yourself feeling sleepy and/or going unconscious. There are many reasons for this—that's a topic for a whole e-course in itself! Let me just say here that you want to be as alert as possible and sitting up will facilitate that.

It's your session. Listen to the guidance, use what is useful and leave the rest. You can stop the recording at any time, continue to breathe, work with whatever is coming up, then start the recording again when you are ready. You can also listen to the recording repeatedly, either in the same sitting or at different times, depending on what will support you the most. Do what feels right to you.

### **The Breath Itself**

Clarity Breathwork uses a circular, connected breathing pattern with a full inhale and a soft exhale. It's important that the emphasis is on the inhale and that the exhale is soft or surrendered. There is some effort on the inhale to overcome our habits of

**Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom**

shallow breathing. Yet be careful not to push the inhale too much—it's more enthusiastic than forced. You want to explore where and in what ways you can gently increase your breathing capacity.

You also want to watch for forcing the exhale, as that's a tendency some people have when they begin to breathe deeply. We really want the exhale to be soft. Pushing the exhale forces out carbon dioxide too quickly from the body, and it creates light-headedness, and has other side effects, such as tightness in your hands. If you find yourself pushing your exhale, ask yourself, "what am I trying to get rid of? What am I pushing away?"

Breathe in and out of the mouth rather than the nose. The mouth is simply a larger opening and you can get more breath in and out more quickly and efficiently. If during your session your experience becomes uncomfortably intense, you may shift to breathing in and out of the nose. (This is unlikely to happen in a 10 minute session.) Nose breathing is more subtle. Do not breathe in through the nose and out through the mouth, or vice versa as this will create an entirely different effect and inhibit your ability to develop an expanded state of consciousness.

Connect the breath at the top of the inhale and the bottom of the exhale so there is never any stopping in this circle of breath. As you breathe, fill your lungs as much as you can, breathing into your heart, expanding your chest. Explore how you can expand your breath into the sides and back of the body, gently increasing your capacity. We tend to hold a lot of tension and stuck energy in the chest, so notice how this feels for you. As you bring your awareness there, breathing into that area, you can begin to move that energy. As you increase your capacity for breath, you increase your capacity for life!

Breathe into your heart and all the way up to the top of your head. Although you don't have lungs in your head, imagining the breath going all the way up to the top of your head enables you to fill the upper lungs. It also supports you to activate the upper chakras and make your breathing more of a spiritual practice. As you continue to breathe, imagine you are breathing up from the bottom of your feet to the top of your head, then releasing out and around, so you are breathing all the way up and around in a circle: full body breathing.

This breathing technique is not your normal breath. You will notice right away that it feels different. Typically when we breathe we pause at the bottom of the exhale and wait, and sometimes at the top after the inhale as well. Also you are breathing much more deeply than you usually do. So it's definitely different than what you are used to, and it's a practice, meaning you learn it and practice, and get better at it over time.

Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom

## **What to expect from your session.**

This guided breathwork session is shorter than our typical sessions, which usually run about an hour. However even in ten minutes you will be able to get a sense of the expanded state of awareness that we've talked about. It's likely that you will experience sensations in your body, such as tingling in your hands, and/or a sense of energy moving or being stuck in a particular place.

You may get in touch with emotions that have been under the surface or repetitive thoughts. When I work with clients one-on-one we process the material that presents itself, seeking to go to the source and to create understanding and release. For you working on your own, I recommend simply holding whatever comes with acceptance, without judgment. Bring compassionate attention to whatever presents itself. Receive what you can learn about yourself from the experience, realizing that breathwork does not create what you feel—it simply opens you up so you can actually connect with what's going on inside. You may have very deep experiences even in these few minutes, or you may just feel more energy or a greater sense of well-being.

I highly recommend you listen to the session at least once in a situation when you feel emotionally triggered. This will give you a sense of how full connected breathing can help you move emotional energy, understand yourself, and feel more relaxed and accepting.

Please let me know what happens for you—I really do want to know!

Send me email me directly at [ostara@clarity-breathwork.com](mailto:ostara@clarity-breathwork.com).

## **Summary:**

- Full inhale, soft exhale—avoid forcing the exhale.
- Breathe in and out of the mouth.
- Breathe into your heart, to the top of your head and around in a circle.
- Relax your body and mind, notice how you feel (emotionally and in your body), stay alert.
- Meet whatever comes with acceptance (no judgment), and receive what you can learn about yourself.

**[Download your guided breathwork session here.](#)**

Use Your Breath to Free Your Life:  
5 Keys to greater vitality, awareness, and personal freedom

## Congratulations again!

You have now completed this audio e-course and listened to the guided breathwork session at least once. I can just imagine how you putting things together in new ways, deepening your self understanding and your self acceptance, and noticing how this affects the rest of your life.

I salute and acknowledge your commitment to your own growth and healing. How do you feel now? As you look back to when you began the course, what differences do you notice? Look back farther, a year or two, what do you notice? Ten years—wow! Take a moment to acknowledge yourself—take a deep breath (or two or three) and let it sink in, really sink in.

The way you are cultivating yourself now will unfold in your life in ways that you cannot currently anticipate or understand. Keep your heart and mind open, your breath deep and steady, and be ready for more than you've yet imagined. What a brilliant life we lead! I look forward to continuing the journey with you.

Thanks for joining the Clarity Breatwork community. Visit the blog often ([www.clarity-breathwork.com/blog](http://www.clarity-breathwork.com/blog)), offer your comments and suggestions, let me and others know about what's stirring and shifting in your life. Ask for and offer support. Remember—we're all in this together!

Stay tuned for new experiential products, including full-length breathwork sessions and guided meditations. If you are interested in working one-on-one, just send me an email and we'll see what we can set up.

In the meantime, I am wondering, what's your biggest question about taking your life to the next level—really living as you want to live?

Send me an email at [ostara@clarity-breathwork.com](mailto:ostara@clarity-breathwork.com) and let me know.

Love and blessings,



Maggie Ostara, PhD  
Clarity Breathworker & Spiritual Counselor