



The Vibrant Breath™

Release, Allow and Receive

This powerful exercise combines the benefits of abdominal breathwork with the high vibrational frequencies of the TriVibrance™ oils. The combination of breath and oil creates a synergistic and transformative shift in the mind, body and spirit, immediately and cumulatively.

We hold worry in the stomach. This mind/body connection can be demonstrated when worry creates a “pit in your stomach.” You will use **The Vibrant Breath™** to release worry and stress and embed Peace and Freedom in its place.

The Vibrant Breath™ employs the power of the largest nerve in the body, The Vagus Nerve. This nerve is rooted in the abdominal area and is responsible for a parasympathetic (rest, renew, calm) nerve response. This is also the area of our 3rd chakra, The Solar Plexus. The Solar plexus is the seat of our personal power.

The Vibrant Breath™ will strengthen your vagal tone and sense of personal freedom.

Find a comfortable, nurturing place to practice for the next 5-10 minutes.

Apply your **Peace and Freedom** oil to the stomach area- just above the belly button and slightly to the left.

Place a small amount under the nose to help amplify the power of the oil combined with the breathwork. Take one last deep Inhale of the oil from the bottle before replacing the cap. Ground In the belief that you have already moved into a healing place of peace and freedom.

Set a timer for a time interval you are comfortable with - up to 15 minutes.

Gently close your eyes, settle in and get present in your body. Pay particular attention to the stomach area.

Imagine the stomach area glowing with a healing yellow light (the color of our Solar Plexus chakra).

Close your mouth and inhale quietly, slowly through your nose to a mental count of 3.

Bring mindful awareness to the present moment as you hold the breath for a mental count of 4.

With pursed lips, exhale completely through your mouth, to a slow mental count of 6.

After you have found a slow, steady breathing rhythm, you can stop counting and say “peace” on the Inhale and “freedom” on the exhale.

Continue with the Vibrant Breath™ until your timer sounds.

Gently open your eyes and say the inner affirmation of “I am at peace, I am free.”