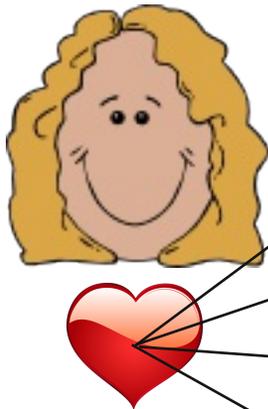


Reality Breathing Cheatsheet

Step 1: New Reality Focus

- Close your eyes and focus in your heart center, becoming still & calm.
 - What new reality do you want to experience?
 - Say to yourself, "I am aware of my Awareness filling ... (the new reality)."
 - Example: "I am aware of my Awareness filling the reality of me having more fun in my life."
 - Stay still a moment and notice what happens as your Awareness fills that reality.
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Step 2: Breathing Sequence



- 1 "I breathe the reality of ... into my Heart." [inhale]
- 2 "I now breathe MORE of the reality of ... into my Heart." [inhale]
- 3 "I now breathe EVEN MORE of the reality of ... into my Heart." [inhale]
- 4 "I now breathe ALL of the reality of ... into my Heart." [inhale]

Example: "I breathe the reality of **me having more fun in my life** into my Heart."

Step 3: Reality Reset

- Close your eyes, remaining still and observant for 2-3 minutes. The act of closing your eyes disconnects you from the reality which you have been seeing.
- Just before opening your eyes, say: "I will now begin seeing signs of ... [name the new reality] around me."

Example: "I will now begin to see signs of **me having more fun in my life** around me."

Repeat the above steps a few times a day (morning and evening, for example). It may take up to 4 or 5 times before you begin seeing major signs of your reality shifting.

Each time, power builds; keep up the momentum!

