

THE SWEEPING BREATH

How to detach energetic bonds

SIT COMFORTABLY WITH SHOES OFF

STEP ONE



Close your eyes and visualize the person you want out of your energy field. Take a few moments for this person to step into your awareness. Inhale as you move your head from left to right. Exhale.

STEP TWO

Breath in as you turn your head from the centre to the right and breath out as you turn your head past center towards your left. Now do 3 sweeping motions with the head in the same pattern but with NO breath. Then let your head rest back to center!



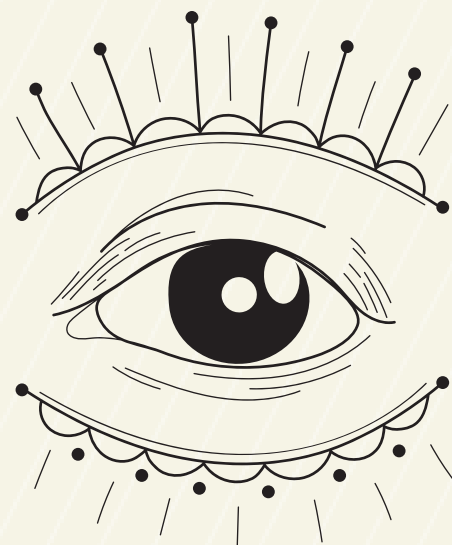
BREATH



This motion of the inhale right to left movement with one exhalation breath intentionally disconnects you from the person as you eject any filaments left in you by the other person.

SHARMAN TRADITIONS

The shamans teach that the human energy field contains cobweb-like filaments that are projected out of luminous mass (auric field) which are propelled by emotions. .



HOW DOES THIS WORK?



By breathing in from the left to right while remembering a feeling picks up the filaments that were left behind. Breathing from right to left ejects those filaments from your auric field. .