

Nature Breeze - Breath of Life

We'll do some breathing together now

Big breath in

And letting go - listening to the pulse of your heart

Big breath in - and letting go

Listening to the pulse of your heart

Continuing to feel your breath

Now image your breath within you like a breeze of nature

The most beautiful ocean, mountain, lake breeze

Whatever comes naturally to you

This is your Eternal breath of life

manifesting in this incarnation

connecting you to mother earth.

Feeling this beautiful refreshing nature breeze within you

Refreshing, harmonizing, healing

Pause

Flowing around your organs

Pause

Flowing around your bones, muscles, nerves and nerve endings

Pause

Flowing throughout your whole body with your blood

Pause

This beautiful, internal nature breeze reaching every cell in your body

Bringing every cell of your body back to correct ionic balance for you.

Recalibrating the right electromagnetic charge in each cell.

Pause

Now asking your internal nature breath to go wherever your body needs for healing.

Harmonizing and healing any pain or emotions trapped in your body.

Or directing it to where you know you need healing in your body.

This could be physical pain, or stuck emotions or stress.

Pause

Continuing to feel, flow with your internal nature breeze

Healing and harmonizing