

CIRCULAR BREATHING SCRIPT

Circular breathing is a technique that allows continuous breath control by inhaling through the nose while simultaneously exhaling through the mouth.

Here are the steps of the Energy Flow® Circular Breathing exercise:

1. Breathe in through your mouth and out through your mouth, opening the space between your cells.
2. Allow any emotions that arise to be there without resistance. Just let them be.
3. If you feel physical pain, place your hand on that area and imagine breathing into it. Release control and let go.
4. Let go of the need to be strong or stoic. Allow yourself to crumble and melt. All love and grace are here.
5. Breathe deeply through your mouth, letting the breath enter your body and create space. Feel it in the seat of power, powerlessness, and all emotions.
6. Direct your breath into your belly, stomach, and down to the groin. Hold your head, face, eyes, nose, mouth, and throat for all the unspoken words and unheard voices.
7. Say, "I see you, I hear you. I'm sorry you were not heard. I am here for you." Hold and caress your chest. Imagine your hands on your lungs, acknowledging grief and pain.

8. Place your hand on your belly, the storage of emotions, and massage it in a circular motion.
9. Visualise going into your gut and digestive tract, acknowledging any trauma held there.
10. Move to the groin area. Recognise any pain or hurt. Acknowledge this sacred part of your body with compassion, saying, "I'm sorry."
11. Place one hand on your heart and the other on your chest. Keep breathing normally, and say, "I love you. I am so sorry. Please forgive. Thank you."
12. Take a moment to be with yourself, honoring the incredible being that you are.
13. Despite any self-judgment, find it in your heart to love yourself deeply and unconditionally.
14. Gently bring yourself back. Place your feet on the ground and tap them to reconnect with the present moment.

Reflection questions:

1. As you breathed continuously through the mouth and directed the breath into different areas of the body, what sensations or emotions did you notice?
2. When you placed your hands on areas like the chest, belly, or groin and used compassionate statements, did anything shift physically or emotionally?
3. After grounding yourself by placing your feet on the floor and tapping them, how do you feel now compared to when you began the practice?