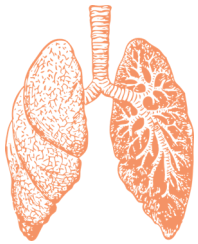


Special Simple Breath



Deep Breaths

- In through the Nose Out through the Nose or Mouth
- Relaxed Comfortable Even Inhale & Exhale

Full Breaths

- In through the Nose Out through the Nose
- Inhale- Deep Full Cavity Start from Belly and all the way Up to Crown
- Exhale-Deep Full Cavity Slow and Steady Release

Ujjayi (Ocean) Breathing

- In through the Nose
- Out through the Nose
- Ocean Sound (hhhaaaa) on Exhale



I AM THAT I AM

1. Take a Deep Breath (Eyes Closed) and become Aware of your Breath
2. Take a Deep Breath and become Aware of your Outer World
3. Take a Deep Breath and become Aware of your Inner World
4. Take a Deep Breath Inhale & Exhale – Tap your Heart 3x
5. Take a Deep Breath Inhale & Exhale – Tap your Navel 3x
6. Take a Deep Breath Inhale & Exhale – Tap your Forehead 3x
7. Take a Deep Breath and become Aware of your Inner World, then go into your Heart-Repeat to Yourself “I Am That I Am” ...”I Am Source”
8. Take a Deep Breath and become Aware of your Outer World
9. Eyes Open, become Aware of your Outer World and how you feel now in your Inner World (what is different?).



I AM THAT I AM Meditation (Date/Time)	What I noticed...

Simple Meditation:

1. De-Stress- Color Wash
2. 3 Deep Breaths- 3 Full Breaths
3. "I Am" Breathing (at least 5),
Inhale "I"
Exhale "Am"
End with 3 Ujjayi Breaths
4. Visit Sanctuary/ Connect with Source
5. Gratitude
6. 3 Ujjayi Breaths

