

Breath-Work And The Law Of Attraction

What does Breath-work have to do with the Law of Attraction?

There is a strong alliance between Breath-work and the Law of Attraction. ***Breathing holds a vital and important key*** relating to the life-force required to maintain health and harmony, and to create and manifest the life you desire through using the '*law of attraction*' principles.

Life-force is life energy, and it is this power that sustains you in your daily life, it animates your body and allows you to think, speak and act. It is a vital part of life, without life force you cannot exist in a physical body.

Breathing gives life... With every conscious breath you breathe, you amplify the flow of energy in your mind and body filling you with aliveness, radiance, vitality and yes you guessed it, precious life force!

The *Law of Attraction* is a powerful and accurate universal law. When you are choosing to consciously create a desire, it requires you to hold a strong focus in your mind, and a sense of harmony in your feelings. It also requires the ability to consciously draw in life-force whilst maintaining an inner harmony.

What is breath-work Therapy, and what happens during a breath-work Therapy session?

Breath-work Therapy is a conscious connected breathing process that empowers and fills you with an extraordinary amount of life-force, replenishing and expanding your personal energy supply. You are literally breathing in pure, vibrant, pulsating intelligence or life force into every cell of your body. The feeling is such, that you have plugged yourself into a power source and flicked the switch to 'on'. You feel a current of electricity surging through your body, pulsating with aliveness, and lifting your cells to a higher frequency. It's an amazing experience that transforms you at a deep cellular level....

In the final stages of a Breath-work Therapy session, you enter into a state of profound stillness, harmony and deep peace. ***You won't want to come out!***

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Breath-work Therapy or '*energy-breathing*' permeates deep unconscious cellular patterning which literally generates movement in the cells of the body. This increased cellular movement unravels and dissolves old contracted energy blocks, whilst simultaneously infusing and expanding your personal energy supplies and rejuvenating your body. The conscious breathing provides a process of purification and integration of mind, body and spirit. This is required for the process of conscious co-creation through the law of attraction.

Breath-work also opens and expands your personal channel, allowing energy to freely flow into you, filling you with pure, new life-force. It's this new powerful life-force that you can learn to consciously direct and use to create whatever you are choosing to focus on in your life.

Breath-work is a very powerful process and a vital tool for those who wish to consciously apply the '*law of attraction*' principles in their lives.

As you can imagine, you need to have more clarity than conflict, more pure life-force than density in the body to be able to have enough power to bring-about your desires. So many people try to focus and manifest their desires, but don't get anywhere and then they give up. It takes holding that focus steady and it also literally takes power.

If you still have a lot of density sitting in the body, it is holding your manifesting power back greatly. Density is heavy and of a low vibration, and all vibration emits a frequency or broadcast that attracts back to itself. Therefore, this is another reason to clear the cells of the body, because whatever 'charge and flavour' is trapped in that density will be attracting back into your life. If you would like something new to enter your life, you must clear out the old and literally upgrade your frequency to run at a higher level.

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Breath-work Therapy facilitates the dissolving of density and upgrades your personal frequency. You have a vibrational shift as you breathe out the 'old' and breathe in new fresh life-force. There is an integration of body, mind and spirit that happens naturally during the breathing process. A feeling of connectedness, peace and harmony enter the body and mind, and an experience of expansion and freedom prevails.

There is an expansion in awareness and you are more present and in the moment. It's in this 'now' moment , unencumbered, that we can work consciously and powerfully with the ***'Law Of Attraction'***.

Then Empowerment has begun!