

Hypnotic Technique: Breathing out to the Universe

By Lori Nicholson

- This process is a way to feel and release emotions very quickly, through expanding the emotion to the point that the energy vibration cannot hold together any longer. Each emotion has its own vibration that you feel, and that others also sense/feel, either consciously or (more often) subconsciously.
- Connect with the emotion that you are feeling. Allow yourself to really feel that emotion within your body.
- This process involves an eight-count inhalation through your nose, followed by an eight-count exhalation, also through your nose. Thus, this is a “balanced breath,” since the inhalation and the exhalation are equal in length.
- On the eight-count inhalation, feel and imagine the emotion expanding as follows:
 - Count 1: Fill your entire body with the emotion
 - Count 2: Fill the entire room you are in with the emotion
 - Count 3: Fill the entire house or structure that you are in with the emotion
 - Count 4: Fill the entire state that you are in with that emotion
 - Count 5: Fill the entire country that you are in with that emotion
 - Count 6: Fill the entire Earth with that emotion
 - Count 7: Fill the entire universe with that emotion
 - Count 8: By now, the energy of that emotion is so expanded that it is vibrating very shallowly and rapidly. It is like a bubble that is ready to pop. So, on Count 8, pop that bubble of the emotion that you are feeling (and thus, releasing).

As a musician, I like to think of the counts of this eight-count inhalation like the beats in a musical phrase. This ensures that my breathing has some rhythm and thrust behind it.

- All the while you are inhaling, consciously think the words, “With this breath, I hereby release my (fill in the name of the emotion that you are working with) on behalf of myself and all of humanity.”
- After completing the inhalation and “popping” the bubble of emotion/energy, begin the eight-count exhalation. The eight-count exhalation is a time to rest and regroup, prior to beginning the next energetic inhalation. However, I like to use the eight-count exhalation to imagine the released emotion/energy being transformed into the “universal energy of love” and raining down on me, in order to fill me back up with love and positive resources.
- Repeat this breathing process as many times as you need to in order to feel a shift in your emotional state.
- When I first received this process in meditation, it would take me dozens of breaths to release some difficult (i.e., more entrenched) emotions. Now that I’ve been practicing this breathing process regularly for years, I can usually release a triggered emotion with one or two breaths—in the moment.

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