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## The Origin

### Who is it for?

The Origin journey is for those who seek to reconnect with their deepest essence, explore the roots of their existence, and awaken a profound sense of purpose. If you are on a path of self-discovery and inner healing, this experience will guide you to the source of your true power and wisdom.

### Description:

The Origin journey is a transformative 9D Breathwork experience designed to take you back to the beginning—where your soul's truth resides. Through an intricate blend of breathwork, hypnotic affirmations, primal release, and immersive soundscapes, this session will strip away external conditioning, allowing you to access a deep, ancestral knowing. As you breathe through layers of resistance, you will unlock suppressed memories, awaken dormant energies, and reconnect with the infinite intelligence within you. This is more than a session, it's a homecoming to your authentic self.

### Common Outcomes:

- **Reconnect with Your True Essence:** Strip away false identities and rediscover your authentic self.
- **Profound Emotional Release:** Let go of inherited trauma, limiting beliefs, and deep-seated fears.
- **Heightened Intuition & Clarity:** Tune into your inner wisdom and gain clarity on your path.
- **Cellular & Energetic Healing:** Release energetic blockages and align with your highest frequency.
- **Deep Inner Peace & Awareness:** Feel a profound sense of unity, purpose, and belonging.

**Length:** 53:13

### Unique Feature:

This journey includes ancestral connection techniques, deep rhythmic breathwork, and a powerful vibrational release phase, guiding you to the very core of your existence. The final integration ensures that you anchor this newfound awareness into your daily life, leaving you with a deepened sense of connection, clarity, and purpose.

## Healing Ancestral Lines

### Who is it for?

This journey is for anyone seeking to break free from intergenerational trauma, the root cause of human suffering. Cut the cords of these struggles and cease the cycle of passing down traumas to future generations. Liberate yourself and pave the way for a more empowered and resilient future.

### Description:

Break free from intergenerational trauma, the root cause of human suffering. This transformative journey is for those seeking to sever the chains of these struggles and halt the cycle of trauma. Unresolved intergenerational trauma manifests as chronic anxiety, depression, relationship challenges, and disconnection. Experience profound healing and resilience as you release these burdens. Rewrite your narrative, restore harmony within, and create a legacy of empowerment. Liberate yourself from the cycles of suffering and pave the way for a brighter future.

### Common Outcomes:

- a. Liberation from ancestral trauma: Experience a profound sense of liberation as you release the burdens of ancestral trauma that have influenced your life and the lives of generations before you.
- b. Healing of intergenerational wounds: Find healing and resolution for intergenerational wounds, allowing for a transformative shift in your relationship with yourself, your family, and future generations.
- c. Increased emotional well-being: Experience a noticeable improvement in your emotional well-being as you address and release deep-rooted ancestral traumas, leading to greater emotional stability and resilience.
- d. Restoration of inner harmony: Reconnect with a sense of inner harmony and balance as you release the energetic imprints of ancestral trauma, creating a foundation for personal growth and holistic well-being.
- e. Break the cycle of inherited patterns: Break free from the patterns and cycles of inherited trauma, creating an opportunity to forge a new path and prevent the transference of unresolved trauma to future generations.
- f. Empowerment and self-discovery: Embrace a journey of empowerment and self-discovery, allowing you to reclaim your true essence and potential that may have been overshadowed by ancestral traumas. Gain insights and clarity, fostering personal growth and transformation.

**Breath holds & Scream:**

3 breath holds total. 2 sighs only 1 scream at the end (at min 47). (First breath hold at min 22 followed by a sigh duration 1 minute.

**Breathing:** Deep active one-part circular breath.

**Duration:** 1:07:31

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## 5 Primary Trauma Imprints

**Who is it for?**

This journey is for anyone seeking to break free from intergenerational trauma, the root cause of all human suffering. Cut the cords of these struggles and cease the cycle of passing down traumas to future generations.

**Description:**

Welcome to the transformative realm of the 9D Breathwork Journey for Releasing & Healing the 5 Primary Trauma Imprints—an immersive exploration dedicated to resolving the imprints of our childhood experiences. Delve deep into the healing process as we address the profound wounds of premature separation from love, rejection, abandonment, shaming, and lack of presence. These imprints, carried from our formative years, silently shape our adult lives, revealing themselves through various challenges, including victim mentality, trust and intimacy issues, co-dependency, relationship struggles, emotional dysregulation, anxiety, depression, and more.

**Benefits:**

By releasing these deeply rooted imprints, you liberate yourself from the burdens of past hurt and suffering. Prepare to embark on an extraordinary journey that untethers you from energetic bondage, paving the way for a mental health reboot of both body and mind. Expect to emerge from this experience with a profound sense of liberation, newfound clarity, and an empowered state of being. As the imprints dissolve, you embark on a transformative path toward healing, allowing you to embrace life with renewed vitality and inner strength.

**Common Outcomes:**

- a. Liberation from past hurt and suffering: Experience a profound sense of liberation as you release the burdens of childhood imprints, freeing yourself from the shackles of past trauma.

- b.      Newfound clarity and understanding: Gain a deep sense of clarity and understanding as you navigate the healing process, allowing you to make sense of your experiences and find meaning in your journey.
- c.      Empowered state of being: Rediscover your inner strength and empowerment as you dissolve the imprints that have held you back, fostering a renewed sense of confidence and self-belief.
- d.      Enhanced emotional well-being: Experience an improvement in emotional regulation and a greater sense of emotional balance, allowing you to navigate life's challenges with resilience and grace.
- e.      Transformation and healing: Embark on a transformative path of healing as you address the wounds of childhood, paving the way for profound personal growth, self-discovery, and self-acceptance.
- f.      Embracing vitality and inner harmony: Embrace life with renewed vitality and a deeper sense of inner harmony, reconnecting with your authentic self and aligning with a state of wholeness and integration.

**Breath holds + Scream:** This journey contains 5 breath holds for every imprint with the option to sigh or scream at the end of each breath hold.

**Duration: 1:04:02**

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## Abundance

### Who is it for?

This offering is meticulously crafted to assist individuals who are confronting obstacles related to financial abundance, whether it be long-held beliefs about scarcity, feelings of un-deservingness, or judgments about money and wealth. It provides fertile ground for those desiring to usher in greater prosperity and abundance in their lives, offering a chance to unearth and engage with their inherent ability to attract wealth. Through this breathwork experience, participants can dissolve money blocks and form a more empowering, positive relationship with their financial selves.

### Description:

Engage in a potent 9D Breathwork expedition, tailor-made to empower you in the art of

releasing financial limitations. This immersive experience frees you from the constraints of old money narratives, shedding economic and mental hurdles that impede prosperity. Through abundance, self-belief, acceptance, and resilience, key themes coalesce, foster financial metamorphosis. You dissolve the shackles of past money beliefs, experiencing financial freedom, peace, and restored equilibrium. This transformative journey is a steppingstone towards perpetual abundance and prosperity, enabling the growth of your affluent self. Embrace profound financial liberation, enriching your life with wealth and unlimited possibilities.

### **Common Outcomes:**

- a. Liberation from financial constraints: Experience profound economic freedom as you release the grip of old money narratives, letting go of limitations that have held you back.
- b. Release of economic and mindset hurdles: Shed the weight of economic and mindset obstacles, leading to a sense of lightness and financial relief.
- c. Cultivation of abundance, self-belief, and acceptance: Foster an abundant and self-assured relationship with yourself and money, embracing prosperity and acceptance as transformative forces.
- d. Financial resilience and stability: Develop inner economic strength and resilience, enabling you to navigate life's financial challenges with greater ease and stability.
- e. Peace and restored balance: Experience a deep sense of peace and inner equilibrium, restoring harmony in your financial life and wealth creation.
- f. Empowered financial transformation: Embrace personal growth and economic empowerment as you dissolve money blocks, opening yourself up to endless possibilities and a more fulfilling financial journey.

**Duration: 1:12:52**

**Screams:** This journey contains 2 breath holds + scream (breath hold on the in breath). First scream at min 35 the second scream at min 52.

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## Reconnecting with your Inner Child

### **Who is it for?**

A. This experience is perfectly tailored for anyone that is struggling with deeply connecting

with themselves because of the residue from the traumatized child within that we abandoned along the way to be able to deal and cope with life's struggles which led us to becoming fragmented and showing up in life and in our relationships by dissociation, avoidance, anxious attachment and so much more.

B. This journey is optimal for anyone that is looking to reconnect the fragmented parts of themselves by rewriting the narrative of their self-abandonment so they can rebirth themselves in their adulthood as an integrated whole. This journey is not for the faint of heart as it will gently encourage you to look at the parts of yourself that you may have abandoned and left in the basement of your shadows along the way. By participating in this journey, participants will come out on the other side feeling a sense of deep connection with themselves, a renewed perspective on their self-image and life and a deeper love for themselves.

### **Common Outcomes:**

- a. Breathing and reconnect with fragmented parts of your younger self for liberation and a deepened sense of self-awareness.
- b. You will be exploring your edge through the breath and fully surrendering to connecting with your inner child through powerful visualization.
- c. Confront and heal past emotional pain and unlock personal growth through embracing your childhood wounds and reconnecting with those fragmented parts of yourself that you may have abandoned.
- d. You will be healing your inner child's wounds with self-compassion and love.
- e. Observing and creating a gentle connection with your child self with empathy and compassion and creating safety for your younger self.
- f. Practice empathy and offer reassurance to your hurt or disconnected inner child to reconnect with those fragments of yourself on a deep personal level.
- g. You will be able to guide your inner child to a safe healing place where you can tend to your inner child's needs to make them feel safe and nurtured.
- h. You will also welcome your inner child back into your present moment, showing them your safe and loving environment, and prioritizing their needs above others.

**Duration: 1:12:36**

**In this inner child journey, there are:**

- 4 breath holds and sighs



- 1 breath hold before the scream
  - 4 breath holds in the anchoring of the affirmations at the end of the journey
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## Full Reset

### Who is it for?

This experience is ideally suited for those who feel worn out and fatigued by life's pressures, ready to commit to the process of revitalizing their existence for a new beginning. It serves as a refuge for those grappling with the burdens of past events, negative feelings, self-criticism, or judgment toward others. Offering a pathway to unearth deeper significance and direction in life, it extends a chance to rediscover and rekindle connection with their true self.

### Description:

Buckle your seatbelts and get ready for the Full System Reset, a somatic breathwork experience purpose-built to aid you in the mastery of release. This all-encompassing experience frees you from the clutches of the past, discarding both physical and psychological loads that foster unease. Interweaving the central themes of acceptance, gratitude, self-belief, and courage fosters a powerful personal rebirth. You'll cast off the heaviness of old programming, creating space for emotional resilience, inner peace, and renewed equilibrium. This revitalizing journey acts as a cornerstone for sustained growth and recovery, fortifying the emergence of your genuine self. Welcome deep-seated freedom, augmenting your existence with renewed intent and boundless potential.

### Common Outcomes:

- a. Break from Exhaustion: Encounter profound liberation as you unchain yourself from the weariness of the past, releasing the burdens that have been slowing you down.
- b. Discharge of Physical and Emotional Strains: Peel away both physical and emotional encumbrances, giving rise to a sense of buoyancy and solace.
- c. Nurture of Forgiveness, Self-Compassion, and Acceptance: Cultivate a kind and nurturing rapport with yourself and others, harnessing forgiveness and acceptance as catalysts of transformation.

- d.      Resilience and Emotional Equanimity: Foster inner fortitude and resilience, equipping you to sail through life's waves with increased ease and emotional balance.
- e.      Peace and Reinstated Equilibrium: Delve into a profound sense of serenity and inner stability, reinstating harmony in your personal sphere and relationships.
- f.      Energized Self-Rejuvenation: Embrace individual growth and empowerment as you release and rejuvenate, paving the way for new opportunities and a more gratifying life journey.

**Breath hold + Scream:** Multiple breath holds. but there's only ONE scream for this journey at minute 46.

**Duration: 1:07:13**

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## Transcending Fear

### Who is it for?

The Transcending Fear breathwork journey is tailor-made for individuals who are prepared to confront and overcome their profound anxieties and fears. Perfect for those seeking a deeper exploration of resilience, this advanced experience offers insights that transform one's perspective on fear. If you're looking to face life's challenges with newfound courage, this is for you.

### Journey Summary:

Step into the realm of the Transcending Fear Breathwork Experience, meticulously crafted to redefine your relationship with the shadows of uncertainty. This journey operates as a masterclass in re-education, utilizing the potent synergy of hypnotherapy's trance-inducing language and advanced NLP techniques. By journeying through this experience, you confront fear, allowing it to serve as the gateway to the life you've always envisioned. Central themes of reprogramming, reframing, and empowerment interlace, facilitating a seismic shift in deep-seated beliefs surrounding fear. As you traverse, you'll rewire neural pathways, granting a renewed perspective on harnessing fear as a tool for unparalleled growth. This transformative expedition stands not just as an experience but as a beacon for continued evolution, championing the metamorphosis of your most empowered self. Engage with fear, unlocking a life brimming with potential and uncharted horizons.

### Common Outcomes:

- a. Transformation of Fear Perception: Delve deep into a new understanding, viewing fear not as an adversary but as a catalyst for growth and transformation.
- b. Reprogramming of Deep-Seated Beliefs: Overturn old narratives around fear, replacing them with empowering convictions that champion growth and forward movement.
- c. Mastery Over Mindset: Utilize NLP techniques and hypnotherapy to shape a resilient and adaptive thought process, turning challenges into opportunities.
- d. Leverage of Fear for Positive Benefit: Cultivate an ability to harness your fears, using them as tools to propel you towards your dreams and aspirations.
- e. Redefinition of Personal Boundaries: Break free from limiting beliefs, expanding your horizons and embracing a life filled with possibility and potential.
- f. Elevated Confidence and Self-Belief: Ignite a renewed trust in oneself, establishing a foundation for actions driven by courage, purpose, and conviction.

**Duration: 1:21:55**

**Screams:** This journey contains 2 breath holds (on the in breath) both followed by a scream. (First 1min hold + Scream at min 44, second 45sec hold + scream at 1:01).

**Subliminal Affirmations:**

- You release your fears and open your mind to new possibilities.
- You are stronger than your fears.
- You are in control of your thoughts, feelings, and choices.
- You trust your journey and embrace all the lessons it brings.
- Fear is just a feeling; it cannot hold you back.
- You are safe, and everything is as it should be.
- You let go of your fears and embrace the present moment.
- Your courage is greater than your fear.
- You replace fear with love and possibility.
- You are powerful, capable, and competent.
- You breathe in calmness and breathe out fear.

- Every challenge is an opportunity for your growth.
- You trust yourself to handle anything that comes your way.
- You are resilient, strong, and brave.
- You forgive yourself for past mistakes and learn from them.
- Fear does not define you or your actions.
- You deserve love, peace, and happiness.
- You have all the tools you need to conquer your fears.
- You focus on what you can control and release what you cannot.
- You are not alone; you are supported and loved.
- You make your mission bigger than your fear

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## Letting Go

### **Who is it for?**

This offering is specifically designed to support individuals who are grappling with the challenge of letting go, whether it be difficult events from the past, feelings of resentment, or judgments towards themselves or others. It provides a nurturing space for those seeking to activate deeper meaning and purpose in their lives, offering an opportunity to rediscover and reconnect with their authentic selves.

### **Description:**

Embark on a transformative 9D Breathwork journey, designed to support you in the art of letting go. This immersive experience liberates you from the grip of the past, shedding physical and psychological burdens that cause discomfort. Through forgiveness, self-love, acceptance, and resilience, key themes intertwine, propelling personal transformation. You release the weight of past traumas, experiencing emotional stability, tranquility, and restoring balance. This transformative journey is a steppingstone to ongoing growth and healing, empowering the evolution of your true self. Embrace profound liberation, enriching your life with purpose and possibility.

### **Common Outcomes:**

- Liberation from the past: Experience profound freedom as you release the grip of the past, letting go of burdens that have held you back.
- Release of physical and psychological discomfort: Shed the weight of physical and psychological burdens, leading to a sense of lightness and relief.
- Cultivation of forgiveness, self-love, and acceptance: Foster a compassionate and nurturing relationship with yourself and others, embracing forgiveness and acceptance as transformative forces.
- Resilience and emotional stability: Develop inner strength and resilience, allowing you to navigate life's challenges with greater ease and emotional stability.
- Tranquility and restored balance: Experience a deep sense of tranquility and inner equilibrium, restoring harmony in your life and relationships.
- Empowered self-transformation: Embrace personal growth and empowerment as you let go and evolve, opening yourself up to new possibilities and a more fulfilling life journey.

**Breath holds + Screams:** This journey contains 2 breath holds both followed by a scream. First breath hold + Scream at min 25 duration 30 seconds. Second breath hold + Scream at min 48 duration 45 seconds.

**Duration: 1:12:30**

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## From Fury to Freedom

### Who is it for?

The From Fury to Freedom journey is for those who feel suppressed, unheard, or burdened by unexpressed anger. If you are ready to channel your rage into transformation, reclaim your power, and liberate yourself from emotional stagnation, this experience will guide you through an intentional and sacred release.

### Description:

The From Fury to Freedom journey is a powerful 9D Breathwork experience designed to help you embrace, express, and transmute suppressed rage into clarity, strength, and liberation. Through a dynamic fusion of breathwork, primal vocal release, hypnotic affirmations, and immersive soundscapes, this session will take you on an emotional purification process. As you connect with your sacred rage, you will move beyond

suppression and channel your energy into radical self-empowerment. By embracing the fire within, you will cultivate a deep sense of freedom, authenticity, and inner strength.

Buddha says: “Holding on to Anger is like grasping a hot coal with the intent of throwing it on to someone else, but you are the one that is getting burned”

This journey is designed to help people heal through the powerful catalytic transformative emotion of RAGE to move towards inner peace and the freedom of true accurate expression and communication. Breath holds are integrated with intent to activate the body and connect with the sensations of the energy of anger and rage. Powerful visualizations, NLP techniques, binaural beats, subliminal messages, affirmations are all part of this experience to create a safe and immersive experience for breathers to make peace with the wounded unexpressed parts of themselves, forging a path for inner peace and inner resolve.

Healing through rage will help develop more clarity for better articulation in communications, and self-connection with self and others and transform the power of these emotions to be able to connect with loved ones from a place of understanding and self-compassion.

Brace yourself - this is not for the faint-hearted!

**Common Outcomes:**

- Emotional Liberation: Safely release suppressed anger, resentment, and frustration.
- Empowerment & Strength: Transform rage into self-confidence and courage.
- Healing & Integration: Shift from emotional suppression to conscious expression.
- Deep Self-Understanding: Gain insight into the root causes of your anger.
- Inner Peace & Freedom: Feel a profound sense of release, clarity, and renewed energy.

**Length: 1:20:02**

**Unique Feature:**

This journey includes primal sound activation, intentional breathwork, and a cathartic scream release, allowing you to safely purge emotional blockages and reclaim your voice. The final integration phase anchors deep healing, leaving you with a renewed sense of peace, self-awareness, and personal power.

## You are Enough

### Who is it for?

The *You Are Enough* journey is for anyone longing to break free from self-doubt, feelings of inadequacy, or the weight of societal expectations. Whether you're battling inner criticism, searching for self-compassion, or seeking a deeper connection with your inner strength, this experience is designed to remind you of your inherent worth.

### Description:

The *You Are Enough* journey is a profound 9D Breathwork experience designed to help you transcend the limiting beliefs that have held you back, reconnect with your inner truth, and claim the self-empowerment that has always been within you. Through a combination of dynamic breath patterns, immersive soundscapes, and transformative affirmations, this journey guides you to release old narratives, embrace self-acceptance, and embody the unshakable truth that you are enough. This session is more than a breathwork experience; it's an awakening. You'll embark on a powerful inward journey, exploring your inner landscape, breaking free from self-imposed limitations, and activating your potential for growth and greatness. With each breath, you'll shed the weight of self-doubt and awaken to the realization that you are capable, worthy, and whole.

### Common Outcomes:

- **Self-Acceptance:** Rediscover your inherent worth and embrace yourself with compassion and love.
- **Release of Limiting Beliefs:** Let go of outdated narratives that no longer serve you, stepping into a new sense of freedom.
- **Empowerment:** Unlock a deep sense of personal power, believing fully in your ability to achieve your goals.
- **Emotional Healing:** Experience profound emotional release and transformation, lightening your mental and emotional burdens.
- **Inner Peace:** Cultivate a sense of calm, clarity, and alignment with your true self.

**Length: 1:14:06**

### Unique Feature:

This journey features a potent combination of guided breathwork, affirmations, and visualizations, culminating in a powerful cathartic scream to release lingering self-doubt and negativity. The experience ends with a gentle integration phase, anchoring your

transformation and instilling a lasting sense of self-worth. You'll emerge from this journey lighter, stronger, and deeply connected to the truth: You are enough.

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## Unleash Your Power

### Who is it for?

The Unleash Your Power (Explicit Version) journey is designed for those who are ready to strip away fear, break through limiting beliefs, and step into their full, unapologetic power. If you've felt stuck, silenced, or weighed down by doubt, this raw and intense experience will challenge you to rise, own your strength, and reclaim your confidence.

### Description:

The Unleash Your Power (Explicit Version) is a high impact 9D Breathwork experience that pushes you to confront and dissolve self-imposed limitations. Through a potent mix of deep breathwork, primal release techniques, hypnotic affirmations, and an immersive 432Hz soundscape, this session is built to rewire your mind, activate your inner fire, and propel you toward a life of unstoppable momentum. Expect bold, no-BS coaching, intense breathwork phases, and a cathartic release designed to awaken the most powerful version of you. This is not just a session—it's a personal revolution, a full-scale awakening, and a declaration of self-mastery.

### Common Outcomes:

- **Total Self-Empowerment:** Unlock the fearless warrior within and step into your power.
- **Raw Emotional Release:** Purge suppressed frustration, fear, and resistance.
- **Unshakable Confidence:** Dismantle limiting beliefs and claiming your highest potential.
- **Mental Clarity & Focus:** Gain a renewed sense of purpose and direction.
- **Breakthrough Transformation:** Experience a profound shift that leaves you recharged and unstoppable.

**Length: 1:05:08**

### Unique Feature:

This journey incorporates an intensified breathwork structure, dynamic affirmations, and a climactic primal scream release to eliminate deep-rooted emotional blocks. The final



integration phase ensures you anchor your transformation, leaving you feeling empowered, fearless, and ready to dominate your life. If you're prepared to unleash your power like never before, this is your moment—no filters, no limits, just raw, authentic strength.

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## Awakening

### Who is it for?

The Awakening is for anyone ready to break free from societal conditioning and the narratives imposed by media, governments, and outside influences. If you feel confined, small, or limited by these fictions, this journey is your pathway to awakening. Rediscover your empowered, sovereign, and free self beyond the dream spell.

### Description:

Fasten your seatbelt as you transcend the dream spell, revealing the unfiltered truth of your existence—empowered, sovereign, and free. Peel back layers, shedding fictions that kept you feeling small. This breathwork haven releases burdens of the past, bidding farewell to negativity, self-criticism, and judgments, allowing reconnection with your authentic self. Inspired by themes of acceptance, gratitude, self-belief, and courage, The Awakening sparks a potent personal rebirth, creating space for emotional resilience, inner peace, and restored balance. This revitalizing expedition fortifies sustained growth, guiding you toward a life illuminated by authenticity, self-discovery, and the empowering truth of your sovereignty.

### Common Outcomes:

- **Liberation from Societal Conditioning:** Experience profound liberation as you break free from the constraints of societal conditioning and dispel the illusions that have kept you feeling small and limited.
- **Shedding Illusions and Rediscovery:** Peel away the illusions propagated by media, governments, and schools, giving rise to a newfound sense of clarity and authenticity.
- **Empowerment and Sovereignty:** Cultivate a relationship with your true self, harnessing empowerment and sovereignty as catalysts for transformation, leading to a more authentic and fulfilling life.

- **Release of Past Burdens:** Unchain yourself from the burdens of past events, negative feelings, self-criticism, and judgment towards others, fostering inner fortitude and resilience for the journey ahead.
- **Inner Peace and Harmony:** Delve into a profound sense of inner peace and harmony, reinstating equilibrium within yourself and in your relationships with others.
- **Rejuvenation and Boundless Potential:** Embrace individual growth and rejuvenation, paving the way for new opportunities and a more gratifying life journey as you awaken to your boundless potential.

**Duration: 1:09:13**

**Screams:** This journey contains 2 breath holds (on the in breath) followed by a scream. (First 90 second hold + scream at min 36 second at min 51). Brian leads into the breath hold by saying “ alright here we go on my count you’re going to hold your breath and have this massive scream at the top “” here we go 3...2....1... big breath IN and hold

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## The Inception

### Who is it for?

"The Inception" is for anyone who feels stuck in old cycles, disconnected from their true essence, or burdened by layers of conditioning and subconscious programming. This journey is for those ready to shed toxic patterns, release emotional weight, and reconnect with the purity of their inner child. Whether you're at the beginning of your healing journey or seeking a powerful reset, this experience offers a profound return to self.

### Description:

*The Inception* is a groundbreaking 9D journey that guides you back to the origin of who you truly are. Through the innocent and intuitive voice of a 6-year-old girl, this immersive experience taps into the inner child within, awakening the purest parts of your being. Accompanied by a custom-composed musical score and hypnotic vocal guidance, the journey dismantles layers of emotional programming and negative beliefs absorbed throughout life.

This unique experience blends advanced 9D audio technology, affirmations, subconscious reprogramming, and deeply emotional storytelling to invite participants into a space of vulnerability, healing, and remembrance. As the narrative unfolds, you'll peel back the

layers of social conditioning, self-doubt, and limitation—returning to a state of clarity, innocence, and authentic presence.

The journey culminates in the world's first 9D Crystal Bowl Sound Bath, a powerful integration tool that uses multidimensional frequencies to harmonize the nervous system and seal in the transformation. This sacred sound immersion provides a sense of deep peace and completion, allowing you to emerge renewed, grounded, and aligned with your highest self.

#### **Common Outcomes:**

- **Reconnection with the Inner Child:** Awaken your original innocence, joy, and creativity.
- **Liberation from Repetitive Patterns:** Release long-held behaviors and limiting beliefs.
- **Enhanced Self-Awareness:** Access deep insights into your subconscious patterns and choices.
- **Release of Emotional Burdens:** Let go of emotional weight and internalized negativity.
- **Grounded Inner Peace:** Experience profound calm and inner balance.
- **Empowerment for New Beginnings:** Step forward with clarity, authenticity, and renewed purpose.

**Length: 01:13:47**

#### **Unique Feature:**

This journey features the world's first 9D Crystal Bowl Sound Bath—a multidimensional sound immersion that grounds the healing process and anchors new energetic alignments. Combined with the tender, transformative voice of a child and a cinematic soundscape designed to awaken the soul, *The Inception* offers a once-in-a-lifetime opportunity to return to your essence and rewrite your internal story from a place of compassion, strength, and truth.

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## Self-Mastery & Enough-ness

### Who is it for?

This journey is designed for individuals of all ages who are looking to level up their mindset and tap into their inherent worth. Whether you're a young person navigating the challenges of self-doubt or an adult seeking to reconnect with your core belief in your own sufficiency, this offering is for anyone looking to embrace their full potential and remember, once and for all, that they are enough. It is perfect for those seeking personal growth, self-empowerment, and a deeper connection to their authentic self.

### Description:

Step into the transformative world of *Self- Mastery & Enough-ness*, a 9D Breathwork journey designed to awaken your inner power and reinforce your sense of self-worth. This immersive experience invites you to let go of limiting beliefs and replace them with a deep, unwavering belief in your own sufficiency. Through mindful breathing, self-reflection, and emotional release, you will tap into a higher level of mastery over your mindset, your emotions, and your actions.

As you move through this experience, you'll cultivate the deep understanding that you are inherently worthy, equipped with everything you need to thrive. With each breath, you'll release feelings of inadequacy and embrace your innate strength, power, and potential. This journey is not just about feeling "enough" it's about recognizing that you are more than enough, and stepping into the full expression of your true self.

### Common Outcomes:

- **Empowered Self-Worth:** Cultivate a strong belief in your inherent value and capabilities, freeing yourself from the constant need for external validation.
- **Mastery of Mindset:** Rewire limiting thoughts and self-doubt, replacing them with empowering beliefs that support growth, resilience, and success.
- **Emotional Liberation:** Release trapped emotions and feelings of inadequacy, allowing for emotional balance and inner peace.
- **Heightened Confidence:** Develop a deep sense of self-assurance, moving forward in life with clarity, purpose, and determination.
- **Inner Strength and Resilience:** Tap into the power within you to face challenges with grace and overcome obstacles with confidence.
- **Connection to Authentic Self:** Rediscover and embrace your true essence, aligned with your core values, purpose, and strengths.

**Duration:** 50:00

## Releasing Guilt & Shame

### Who is it for?

The Releasing Guilt & Shame journey is for anyone carrying the weight of deeply ingrained guilt or shame. If past experiences, relationships, or self-perception have left you feeling trapped in these emotions, this journey offers a safe and transformative path to healing. It's for those ready to explore the roots of their feelings, release them, and reclaim their sense of inner peace and self-compassion.

### Description

The Releasing Guilt & Shame journey is a powerful 9D Breathwork experience designed to help you release the heavy burden of guilt and shame. Through immersive breath patterns and an emotionally supportive soundscape, you'll be guided deep into the origins of these emotions, uncovering their roots and beginning the process of transformation. This session creates a safe space to let go of self-judgment, nurture self-compassion, and cultivate self-acceptance. The carefully crafted sound design and intentional breathing techniques empower you to break free from emotional blocks, fostering a profound sense of liberation and renewal. By the end of the journey, you'll feel lighter, more connected to your true self, and ready to embrace life with clarity and peace.

### Common Outcomes

- **Emotional Release:** Let go of the burden of guilt and shame, creating space for emotional freedom.
- **Self-Compassion:** Develop a deeper sense of self-love and acceptance, transforming how you see yourself.
- **Inner Peace:** Uncover the origins of your emotions and experience a renewed sense of calm and balance.
- **Liberation from Judgment:** Break free from self-critical patterns, allowing yourself to heal and grow.
- **Empowerment:** Feel more in control of your emotions and equipped to move forward with confidence.

**Length: 00:57:52**

### Unique Feature

This journey blends advanced 9D sound technology with heart-centered guidance and breathwork techniques to access and reprogram the subconscious mind. The multidimensional audio layers create a deeply immersive environment, enabling

participants to safely explore and release deeply rooted emotional patterns. It's not just a session—it's an inner voyage toward profound emotional liberation.

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## The 9DMT Trip

### Who is it for?

**9DMT** is for anyone curious about the depths of their inner world, those seeking psychedelic-level transformation without the use of substances. It's for breathers ready to face themselves, release emotional weight, reconnect with their inner child, and journey through ego death into spiritual rebirth. Whether you're exploring breathwork for the first time or you've experienced plant medicine ceremonies before, this session offers a grounded, powerful, and safer alternative to expand consciousness.

### Description:

**9DMT** is a revolutionary 9D Breathwork journey that merges ancient shamanic wisdom with modern multidimensional sound design to create a sober, full-spectrum psychedelic experience—powered by nothing but your breath.

The inspiration behind this session came from a desire to bridge the gap between the healing potential of altered states and the growing dangers of irresponsible psychedelic use. Too often, seekers enter chemically induced journeys without proper support or integration. **9DMT** was created to offer a natural, non-substance-based path to similar depths—one that is both powerful and safe.

To bring this vision to life, our Chief Sound Engineer was granted rare access to record a traditional Temazcal Ceremony in Argentina, after over a decade of attending in reverence. A Temazcal is an ancient sweat lodge ritual used for purification, prayer, and rebirth. Recordings are almost never permitted—but once the Shaman understood our intention to create a journey that raises awareness and honors sacred healing, he allowed us to capture the ceremony using our 9D microphone. Because this is a sacred ritual, the Shaman took special precautions to protect its energetic integrity—such as choosing not to invoke spirits, in accordance with the belief that spirit energies can become trapped in recordings.

While 9DMT was born through this ceremonial lens, it's not limited to any one tradition. We see it as a convergence point—drawing inspiration from many lineages, cultures, and altered-state practices around the world.

The **male vocals** you'll hear are from the Shaman himself, recorded live inside the Temazcal. The **female vocals** are from Sofia (Franco's wife) channeling raw, powerful transmissions. These chants do not translate into language—they are vibrational. Ancient. They are safe, and they are sacred.

**9DMT** also includes a powerful **inner child healing sequence**, featuring the voice of a child we work with for special 9D journeys (the same voice used in *The Inception*). This moment alone is deeply moving—and for many, life-changing.

The **breathing technique** used is a modified DMT breath—a faster, fuller version of the circular breath you may already be familiar with. It activates the pineal gland, opens altered states, and mimics the effects of the naturally occurring molecule N,N-Dimethyltryptamine.

The peak of this session—our “DMT phase”—features a soundscape intentionally designed to replicate what many report hearing after smoking DMT. Think of cosmic frequencies, time-warped textures, and sonic portals that pull you far beyond linear reality.

This is not just another breathwork session. This is a **psycho-spiritual activation**. A full-body rite of passage. And it marks the beginning of a new wave of 9D journeys designed to offer the psychedelic without the substance.

**Breathe this journey before you guide it.** There are transmissions in this recording—real ones. The frequency carries more than sound. Let it move through you.

#### **Common Outcomes:**

**Ego Dissolution:** Soften your sense of identity and experience the freedom of formlessness.

**Psychedelic Activation:** Enter altered states of awareness without external substances.

**Inner Child Healing:** Reconnect with the most innocent, untouched part of you.

**Emotional Release:** Purge stored trauma, grief, rage, and confusion in a safe, sacred container.

**Energetic Rebirth:** Emerge feeling newer, lighter, and more aligned with your truth.

#### **Duration:**

**1:07:37**

#### **Unique Feature:**

This is the first-ever 9D Breathwork session recorded live inside a traditional Temazcal Ceremony—a deeply sacred ritual space rarely opened to outsiders, let alone microphones. It features live shamanic vocals, channeled chants, and psychoacoustic design intended to emulate the multidimensional experience of DMT—without substances.

9DMT is a monumental step forward in conscious healing work. A portal. A turning point.

One breath at a time... you dissolve.

One breath at a time... you return.

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## Path to Liberation

### Who is it for?

*The Path to Liberation* is for anyone seeking freedom from the chains of addiction—whether it's substance use, emotional dependency, or any behavior driven by pain and avoidance. If you're on the road to recover or walking beside someone who is, this journey offers a sacred space to confront the shadows, release shame, and reconnect with your inner power. Perfect for those ready to break generational cycles, reclaim their voice, and rise into a new chapter of wholeness.

### Description:

Addiction is more than a habit—it's often a response to deep emotional wounds, unmet needs, and buried trauma. *The Path to Liberation* is a raw, powerful 9D Breathwork experience guided by Mick Phipps and born from his personal story of healing through family addiction. Set in the heart of a symbolic forest, this 67-minute journey uses immersive soundscapes, ritual breathwork, spirit animal visualizations, and a fire release ceremony to help you shed guilt, fear, and the weight of toxic patterns. With every breath, you'll move closer to clarity, transformation, and the deep knowing that healing is possible. This isn't just a session, it's a spiritual rite of passage back to your most authentic self.

### Common Outcomes:

**Releasing Shame & Guilt** – Let go of heavy emotional burdens tied to addiction and self-judgment

**Emotional Healing** – Acknowledge pain without being defined by it

**Breaking Patterns** – Sever ties to toxic behaviors and limiting beliefs

**Renewal & Rebirth** – Reclaim your identity and self-worth from a grounded place of truth



**Connection & Belonging** – Feel held by nature, community, and the shared human experience of healing

**Length:** 1:07:05

**Unique Feature:**

Created and guided by Mick Phipps, this journey is deeply personal infused with real-life experience, wisdom from the forest, and ritual symbolism. From spirit animal guidance to a powerful fire release, every element of *The Path to Liberation* is designed to feel like a ceremonial rebirth. It's also the first 9D session of its kind to walk breathers through a complete recovery-inspired initiation—fusing somatic release, spiritual renewal, and ancestral healing into one unforgettable experience.

**You are not broken. You are becoming.**

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## DOWN REGULATION JOURNEYS

### Integration & Regeneration

**Who is it for?**

The *Integration & Regeneration* journey is designed for breathers who have recently completed a full-length 9D somatic journey and are seeking support in processing, grounding, and integrating their experiences. Whether you're feeling emotionally expanded, energetically disoriented, or simply in need of restoration, this session offers a nurturing and structured space for reflection, healing, and renewal. It's ideal for those looking to bring the insights of their journey into daily life with clarity and calm.

**Description:**

Experience the transformative power of the *9D Journey for Integration & Regeneration*—a restorative session that supports nervous system regulation and emotional integration after deep inner work. Unlike more activating sessions, this journey gently down-regulates the body through the activation of the vagus nerve and the parasympathetic "rest and digest" state.

Utilizing a unique blend of 9D audio technology, guided hypnotherapy, subliminal messages, intentional breath patterns, and soothing visualizations, this experience brings

participants into a state of profound stillness and centeredness. Each breath is designed to calm the system, balance the mind, and nurture a deeper connection to self.

This journey supports the natural healing process, making it an essential companion to the more intense 9D journeys. It's not only a recovery session but also a powerful catalyst for insight, clarity, and holistic renewal—bridging your inner transformation with your external reality.

#### **Common Outcomes:**

- **Profound Sense of Wholeness:** Reconnect with your centered, complete self.
- **Mental Clarity:** Improve focus and gain deeper insight into your journey's messages.
- **Emotional Balance:** Cultivate peace, ease, and emotional stability.
- **Grounded Connectedness:** Feel reconnected with yourself, your body, and others.
- **Resilience and Well-being:** Strengthen your inner capacity to handle life's challenges.
- **Empowered Integration:** Transform insights into aligned action and personal growth.

**Length: 00:47:20**

#### **Unique Feature:**

This is a first-of-its-kind 9D experience created specifically for post-journey integration. By combining neuro-regulation techniques, soulful soundscapes, and conscious breathing, it offers a sacred pause for regeneration. Whether used immediately after a session or as a standalone grounding tool, *Integration & Regeneration* is a vital part of maintaining inner alignment and lasting transformation.

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## **Down-regulation & Regeneration**

### **Who is it for?**

The *Down Regulation and Regeneration* journey is specially designed for individuals who are new to breathwork, navigating contraindicating health conditions, or experiencing an overactive nervous system. This gentle offering serves as a supportive and accessible introduction to the healing potential of 9D Breathwork. It's perfect for those in need of

nervous system down-regulation, emotional balance, and foundational integration work without overwhelming intensity.

**Description:**

Embark on a soothing and transformative 9D Breathwork journey for *Down Regulation and Regeneration*—a deeply restorative experience that promotes calm, clarity, and connection. This journey prioritizes safety and nervous system regulation by activating the vagus nerve and guiding participants into the parasympathetic "rest and digest" state.

Utilizing the power of hypnotherapy, subliminal messaging, visualization, and consciously guided breath, this session creates a harmonious space for healing and self-discovery. It fosters deep relaxation while subtly encouraging inner alignment and regeneration. The immersive 9D soundscape enhances the experience, supporting the gentle unraveling of tension, stress, and emotional overload.

Whether you're beginning your breathwork practice or simply seeking a calming reset, this journey helps you establish inner balance, promote somatic integration, and connect with your authentic self.

**Common Outcomes:**

- **Deep Relaxation and Grounding:** Release stress and return to a grounded state of being.
- **Enhanced Well-Being and Wholeness:** Reconnect with yourself and restore inner harmony.
- **Activation of the Parasympathetic Nervous System:** Promote healing and calm through the body's natural relaxation response.
- **Integration of Mind and Body:** Unite thoughts, feelings, and sensations through conscious breath.
- **Rejuvenation and Renewal:** Revitalize your energy and renew your sense of vitality.
- **Self-Discovery and Personal Growth:** Gain insight, awaken inner wisdom, and experience transformation from within.

**Length: 00:47:20**

**Unique Feature:**

This journey offers a soft, compassionate approach to 9D Breathwork, intentionally curated for accessibility and deep nervous system restoration. It's an ideal entry point for those

with sensitivities or health considerations, offering a sacred container for easeful integration and holistic renewal.

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## 9DMT Cellular Regeneration

### Who is it for?

**Cellular Regeneration** is for anyone seeking deep restoration—emotionally, physically, and energetically.

It's for those ready to release old tension, renew their vitality, and reconnect with the natural intelligence within their body. Whether you're healing emotional wounds, recovering from burnout, or simply seeking a powerful reset, this journey is a portal back to your wholeness.

### Description:

**Cellular Regeneration** is the second 9DMT Sonic Psychedelic journey—a guided breathwork experience designed to activate profound renewal at the deepest levels of your being.

Guided by immersive soundscapes, rich visualizations, and a down regulation breath technique, you'll embark on an internal voyage through mystical worlds of water, crystal caves, and ancient underwater cities.

Each stage is designed to cleanse, regenerate, and awaken your cells, reconnecting you with the innate power of healing that lives within you.

Throughout the journey, you'll experience a powerful moment of deep breath-hold activation—evoking a psychedelic state that allows trapped emotions, past traumas, and stagnant energy to dissolve into light.

You'll be surrounded by healing affirmations, loving transmissions, and a soundscape crafted to nurture every layer of your body, mind, and spirit.

**Cellular Regeneration** doesn't just help you feel better—it helps you **become** better: stronger, clearer, and more aligned with the life you were always meant to live.

### Common Outcomes:

**Emotional Release:** Clear out stored emotional pain and make space for new vitality.

**Cellular Regeneration:** Activate your body's natural capacity for renewal and healing.

**Inner Recalibration:** Restore harmony between mind, body, and spirit.

**Deep Grounding:** Return to a profound sense of peace, balance, and inner clarity.

**Spiritual Expansion:** Tap into higher awareness and limitless potential within.

**Duration:** 00:50:32

**Unique Feature:**

Unlike the first 9DMT journey recorded inside a live Temazcal, **Cellular Healing** was designed purely within the 9D studio space—allowing us to create a dreamlike, cinematic world where **sound becomes medicine**.

It's a deep, fully immersive experience perfect for breathers who are ready to step into the next level of embodied healing.

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## HYBRID (UP and DOWN) JOURNEYS

### Stress and Anxiety

**Who is it for?**

This experience is perfectly tailored for those struggling with stress and anxiety. It's an optimal first-time journey for individuals with contraindications or for those looking to integrate after a more intensive somatic journey. This offers a gentle escape from anxiety, introducing tranquility and balance. By partaking, participants can ease into the realm of breathwork, fostering a restful connection with their inner calm.

**Journey Summary:**

Strap in and prepare for the Stress Relief Sojourn, a targeted breathwork experience meticulously crafted to guide you towards serene tranquility. This journey navigates you through the rough waters of anxiety, liberating you from the tight grip of day-to-day tensions. Incorporating deep belly breathing, coherent breathing, box breathing, and the 4:2:6 method, it blends a harmonious rhythm of relaxation techniques. And for a hint of invigoration, the infinity breathing technique provides a subtle activation, allowing you to gently explore the sensation of energizing your system. Centered around the themes of

calm, centeredness, clarity, and serenity, this expedition fosters a profound personal retreat. You'll shed the weight of accumulated stress, making way for mental clarity, peaceful repose, and rejuvenated balance. This soothing voyage serves as a foundation for continued mental wellness and resilience, bolstering the revelation of your calmest self. Embrace the embrace of quietude, enhancing your life with a renewed sense of peace and boundless tranquility.

**Common Outcomes:**

- a. Relief from Overwhelm: Experience a profound calmness as you distance yourself from the pressures of daily life, alleviating the stressors that have kept you on edge.
- b. Release of Mental Tensions: Dissolve both mental and physical anxieties, ushering in a wave of relief and restful ease.
- c. Cultivation of Calm, Clarity, and Serenity: Develop a peaceful and clear relationship with yourself and your surroundings, utilizing moments of tranquility as stepping stones towards a serene existence.
- d. Stability and Mental Poise: Nurture an inner composure and mental steadiness, preparing you to navigate life's challenges with clarity and balance.
- e. Tranquility and Restored Balance: Immerse yourself in a deep sense of peace and well-being, establishing equilibrium in both mind and spirit.
- f. Revitalized Sense of Peace: Welcome a renewed sense of inner calm and relaxation, setting the stage for a life filled with ease and harmonious existence.

**Duration: 1:07:13**

**Screams:** – This journey creates **no screams**

**Breath holds** - contain a breath hold on empty lungs at min 43. Duration of breath hold a little over 1 minute. After the breath hold, a big sigh.

**Type of Breathing** - Mostly down-regulation techniques, with activation breath in the middle of the journey. Activation breaths at minute 31 until minute 43 fully in and out through the nose. Then at min 43 a breath hold with the breath expelled (breath holds on empty lungs). Duration of breath hold a little over 1 minute. After the breath hold, a big sigh.

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## Grief & Loss

### Who is it for?

The Grief & Loss journey is for those who are navigating the depths of loss—whether from the passing of a loved one, the end of a relationship, or any significant life change. If you are seeking a way to process sorrow, release emotional pain, and move forward with love and acceptance, this experience offers a safe space for healing.

### Description:

The Grief & Loss journey is a deeply healing 9D Breathwork experience designed to help you honor your emotions, process your grief, and find inner peace. Through a powerful blend of breathwork, hypnotic affirmations, guided coaching, and immersive soundscapes, this session will guide you through the natural cycle of grieving while providing a pathway to acceptance and renewal. As you breathe through waves of sorrow, you will allow yourself to fully feel, release, and transform your pain into love, wisdom, and resilience. This journey is a profound invitation to honor your past while stepping into a future filled with light, strength, and newfound clarity.

### Common Outcomes:

- Emotional Release: Acknowledge and express grief in a safe and guided space.
- Healing & Acceptance: Move through the stages of loss with grace and understanding.
- Inner Peace & Clarity: Shift from sorrow to self-compassion and healing.
- Connection & Love: Honor the memory of what was while embracing what is to come.
- Renewed Strength: Find the courage to move forward with a deeper sense of purpose.

**Length:** 1:17:18

### Unique Feature:

This journey includes breath-based emotional release, guided reflections, and a final breath-hold with a cathartic scream release, allowing you to purge deep-seated grief and create space for healing. The session concludes with a soothing integration phase, helping you anchor peace, love, and acceptance into your heart. By the end of this journey, you will feel lighter, supported, and deeply connected to the wisdom within you.

## Subconscious Mind Reprogramming

### Who is it for?

The Subconscious Mind Reprogramming journey is for those who want to break free from limiting beliefs, rewire their thought patterns, and step into a life of intention and empowerment. If you're ready to take control of your mindset and align your subconscious with your highest potential, this experience will guide you to transformation.

### Description:

The Subconscious Mind Reprogramming journey is a deep and immersive 9D Breathwork experience designed to help you tap into the power of your subconscious mind. Using a combination of guided breathwork, visualization, hypnotic affirmations, and immersive soundscapes, this session will lead you into a heightened state of awareness where you can release negative programming and plant new, empowering beliefs. As you journey through the subconscious landscape, you will uncover hidden patterns, dissolve limiting stories, and rewrite your mental blueprint for success, confidence, and inner peace.

### Common Outcomes:

- **Rewire Limiting Beliefs:** Identify and dissolve subconscious blocks holding you back.
- **Clarity & Focus:** Gain deep insights into your thought patterns and future direction.
- **Empowerment & Confidence:** Align your subconscious with success, abundance, and self-trust.
- **Deep Relaxation & Healing:** Experience a profound sense of peace and mental clarity.
- **Transformation & Renewal:** Step into a new version of yourself with heightened self-awareness and control.

**Length: 52:41**

### Unique Feature:

This journey includes guided subconscious exploration, deep visualization techniques, and a final breath-hold to lock in your transformation. The session closes with an integration phase, allowing your new subconscious programming to take root fully. By the end, you will emerge with a renewed sense of power, purpose, and mental freedom.



## Abundance & Self-Trust

### Who is it for?

The **Unleash Abundance & Self-Trust** journey is for those who are ready to step into their full potential by reconnecting with their inner trust and aligning with true abundance. If you have ever felt held back by self-doubt or limiting beliefs, this experience offers a transformative path to reclaiming your confidence and freedom.

### Description:

The **Unleash Abundance & Self-Trust** journey is an immersive breathwork experience designed to guide you through releasing old patterns, tuning into the frequency of abundance, and strengthening your self-trust. Through dynamic breath sequences, hypnotic affirmations, and immersive soundscapes, this session will empower you to embrace your ability to create, manifest, and navigate life with grace. As you journey through breath and sound, you will unlock new levels of confidence, clarity, and self-empowerment, leading you to a life of abundance and freedom.

### Common Outcomes:

- **Confidence & Self-Trust** – Reconnect with your inner guidance and strengthen your ability to trust yourself.
- **Abundance Mindset** – Shift limiting beliefs and align with the flow of prosperity.
- **Emotional Release** – Let go of self-doubt, fear, and mental blocks.
- **Clarity & Manifestation** – Gain insights into your purpose and embrace your creative power.
- **Inner Freedom** – Step beyond your past conditioning and claim a life of limitless possibilities.

### Length & Breakdown:

Full Session: 1:12:30

Gentle Breaths: 3:12

Gentle Breaths: 50:10

Active Breathing Starts: 5:48

### Breath Holds & Screams:

**First Breath Hold:** 48:52

**Scream:** 49:42

**Second Breath Hold:** 1:02:50

**Unique Feature:**

This journey incorporates a progressive breathwork sequence designed to help you break free from self-imposed limitations and fully step into your power. Featuring subliminal affirmations, binaural beats tuned to 432Hz, guided coaching, and cathartic breath-holds, this session will leave you feeling aligned, renewed, and deeply connected to your limitless potential.

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## The Sovereign Breath – A Journey to Authenticity

**Who is it for?**

The **Sovereign Breath** journey is for those who are ready to reclaim their authentic self, step into their personal power, and break free from societal conditioning. If you seek deeper self-awareness, unshakable confidence, and true sovereignty over your life, this experience will guide you toward profound transformation.

**Description:**

The **Sovereign Breath** journey is a deeply immersive **9D Breathwork experience** designed to reconnect you with your core essence. Through an intricate blend of **breathwork, hypnotic affirmations, vocal activation, and immersive soundscapes**, this session will dissolve self-doubt and empower you to embrace your unique truth. As you breathe through limiting beliefs and conditioned fears, you will awaken to your innate power and sovereignty. This is a journey of self-liberation, allowing you to live fully, unapologetically, and in complete alignment with your highest self.

**Common Outcomes:**

- **Authenticity & Self-Expression:** Release societal masks and embrace your true essence.
- **Empowered Decision-Making:** Gain clarity and confidence in your personal choices.
- **Healing & Emotional Freedom:** Let go of past conditioning and reclaim your inner strength.
- **Heightened Self-Worth:** Deepen your connection with self-love and inner trust.
- **Freedom & Sovereignty:** Step fully into your power with unshakable authenticity.

**Length:** 1:15:47

**Unique Feature:**

This journey incorporates **sovereign breath techniques, empowering vocal activation, and deep energetic clearing**, guiding you to a place of complete self-ownership and inner liberation. The final integration phase ensures that you embody your newfound confidence, allowing you to navigate life with clarity, courage, and authenticity.

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## KIDS JOURNEYS

### Breathe & Create Space

**Who is it for?**

This journey is for anyone feeling overwhelmed, anxious, or overstimulated. If you need a moment to pause, reset, and return to calm, this 5-minute session is your go-to tool for regaining balance and clarity amidst the chaos of daily life.

**Description:**

"9D Journey – Breathe & Create Space" is a short but powerful breathwork experience designed to help you reconnect with your body and clear mental clutter. Through intentional breathing and guided awareness, this session supports the release of tension and emotional buildup, creating space within both the body and mind.

In just a few minutes, you'll engage in a structured breathing rhythm (inhale for 4 seconds, hold for 2, exhale for 6) that promotes a state of calm and focus. This practice encourages mindfulness, emotional regulation, and physical relaxation, making it ideal for any time you need to reset.

**Common Outcomes:**

- **Inner Calm & Clarity:** Shift from stress to peace by slowing down your breath and thoughts.
- **Body Awareness:** Release physical tension and become present in your body.
- **Emotional Regulation:** Allow difficult emotions to pass through without judgment.
- **Mental Reset:** Return to the present moment with focus and composure.
- **Increased Energy & Ease:** Feel lighter, more grounded, and ready to face the rest of your day.

**Length:** 6 minutes

**Unique Feature:**

This journey is a quick, accessible tool for everyday wellness. With its simplicity and effectiveness, it can be used anytime you feel stressed or disconnected, bringing you back into alignment with calm, focus, and inner peace.

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## Boss Level Anger Control

**Who is it for?**

This journey is for those who struggle with intense emotions, especially anger, and are seeking a way to transform that energy into strength and emotional mastery. If you often feel like anger controls you or if you need a safe outlet to release and regulate that fire, this session will support you in regaining power and control.

**Description:**

9D Journey – Boss Level Anger Control is a high-intensity breathwork experience designed to help you channel anger into focus, power, and clarity. Through fierce breath patterns, commanding affirmations, and immersive 9D soundscapes, this session guides you to face your rage head-on and transmute it into fuel for transformation.

Rather than suppressing or fearing anger, this journey invites you to fully feel and move through it with intention. You'll learn how to harness this powerful emotion, turning it into motivation, personal authority, and grounded presence. It's about becoming the master of your inner fire—not letting it consume you, but letting it *elevate* you.

**Common Outcomes:**

- **Emotional Mastery:** Learn to manage and transform anger into strength and resilience.
- **Empowerment:** Reclaim your inner authority and take back control of your emotional landscape.
- **Grounded Clarity:** Move from reactive outbursts to calm, clear action.
- **Release & Renewal:** Let go of repressed tension, guilt, or shame associated with your anger.

- **Nervous System Reset:** Soothe your system after emotional intensity through intentional breath.

**Length:** 0:20:24

**Unique Feature:**

This journey is a powerful emotional alchemy tool—turning the heat of anger into a catalyst for deep inner change. It's bold, raw, and unapologetically real. It is ideal for anyone ready to stop fearing their emotions and start owning them with confidence and grace.

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## Fresh Morning Kickstart

**Who is it for?**

The *Fresh Morning Kickstart* journey is designed for anyone seeking a powerful, energizing start to their day. Whether you're feeling sluggish, anxious, or simply want to begin your morning with intention and clarity, this session is for those ready to awaken their body, sharpen their mind, and elevate their vibration in just a few short minutes.

**Description:**

The *Fresh Morning Kickstart* is a revitalizing 9D Breathwork experience crafted to supercharge your energy, clear mental fog, and ignite your inner drive. In this brief yet potent session, you'll be guided through two dynamic breathwork rounds, each ending with a deep breath-hold designed to anchor you into presence and power. With immersive soundscapes, motivating guidance, and breath cues synced to music, you'll feel yourself breaking free from early-morning stagnation and stepping into a focused, creative, and energized version of yourself. This session isn't just about waking up, it's about showing up fully.

**Common Outcomes:**

- **Mental Clarity:** Clear away mental clutter and start the day with renewed focus.
- **Physical Activation:** Feel invigorated as breathwork boosts your energy and circulation.
- **Stress Relief:** Let go of lingering tension, anxiety, or emotional heaviness.
- **Emotional Centering:** Ground yourself in calm confidence before facing the day.
- **Elevated Mood:** Enhance positivity and inner motivation with each breath.

**Length:** 00:09:18

**Unique Feature:**

This journey features two energizing rounds of breathwork, each culminating in a focused breath hold that promotes calm awareness and peak presence. With soundscapes tuned to elevating your state and affirmations woven subtly throughout, this experience aligns your body, breath, and mind to set the tone for a powerful day. You'll emerge from this session grounded, clear-headed, and connected to the limitless potential within you—ready to take on anything the day brings.

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## Increase Alertness

**Who is it for?**

The *Increase Alertness* journey is for anyone looking to elevate their energy, focus, and mood in a short, impactful session. Whether you're about to tackle a busy day, an exam, or an important task, this experience is designed for those who need a quick mental and physical boost to sharpen their senses and enhance clarity.

**Description:**

The *Increase Alertness* journey is a powerful 5-minute up-regulation breathwork experience tailored to quickly activate your body and mind. Through a series of energizing techniques—including nostril breathing, box breathing, and breath of fire—you'll awaken your senses, clear mental fog, and supercharge your focus. This session is designed to increase energy, stimulate your nervous system, and cultivate a sense of clarity and alertness, helping you feel more present and ready to face the challenges ahead. By engaging in these intentional breathing patterns, you'll tap into your body's natural vitality, experiencing a surge of energy and an enhanced state of mind.

**Common Outcomes:**

- **Increased Focus:** Enhance mental clarity and concentration, improving your ability to tackle tasks with precision.
- **Elevated Energy:** Boost physical vitality and awaken your body to a higher state of activation.
- **Mood Enhancement:** Lift your mood and cultivate a positive, energized mindset.
- **Mental Clarity:** Clear away brain fog and sharpen your mental state for improved decision-making.

- **Heightened Alertness:** Cultivate a focused, responsive state, ideal for tackling the day's demands.

**Length:** 00:08:18

**Unique Feature:**

This journey incorporates a diverse set of breathwork techniques, such as alternating nostril breathing and breath of fire, that stimulate both body and mind. The combination of focused breathing and rhythmic techniques helps to quickly clear mental blockages and activate the nervous system, leaving you energized, focused, and mentally prepared.

Whether it's for a quick morning boost or an afternoon recharge, this session is designed to give you the clarity and energy to perform at your best.

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MINI-JOURNEYS – INQUIRE

SPANISH JOURNEYS - INQUIRE

3-HOUR ONLINE WORKSHOP – INQUIRE

12-WEEK 'I AM LIMITLESS' TRANSFORMATION: [12-week Transformation](#)

CORPORATE PROGRAM: [Corporate 9D Impact](#)

