



1-Day Workshop: Let Go & Invite Limitless Love & Light

Jo Ellen Kleinhenz, PTA, Somatic Therapist, Polyvagal Nerve Therapist
Dr. Mike Van Thielen, PhD., Verified Breathwork Facilitator, Neuroscience Coach



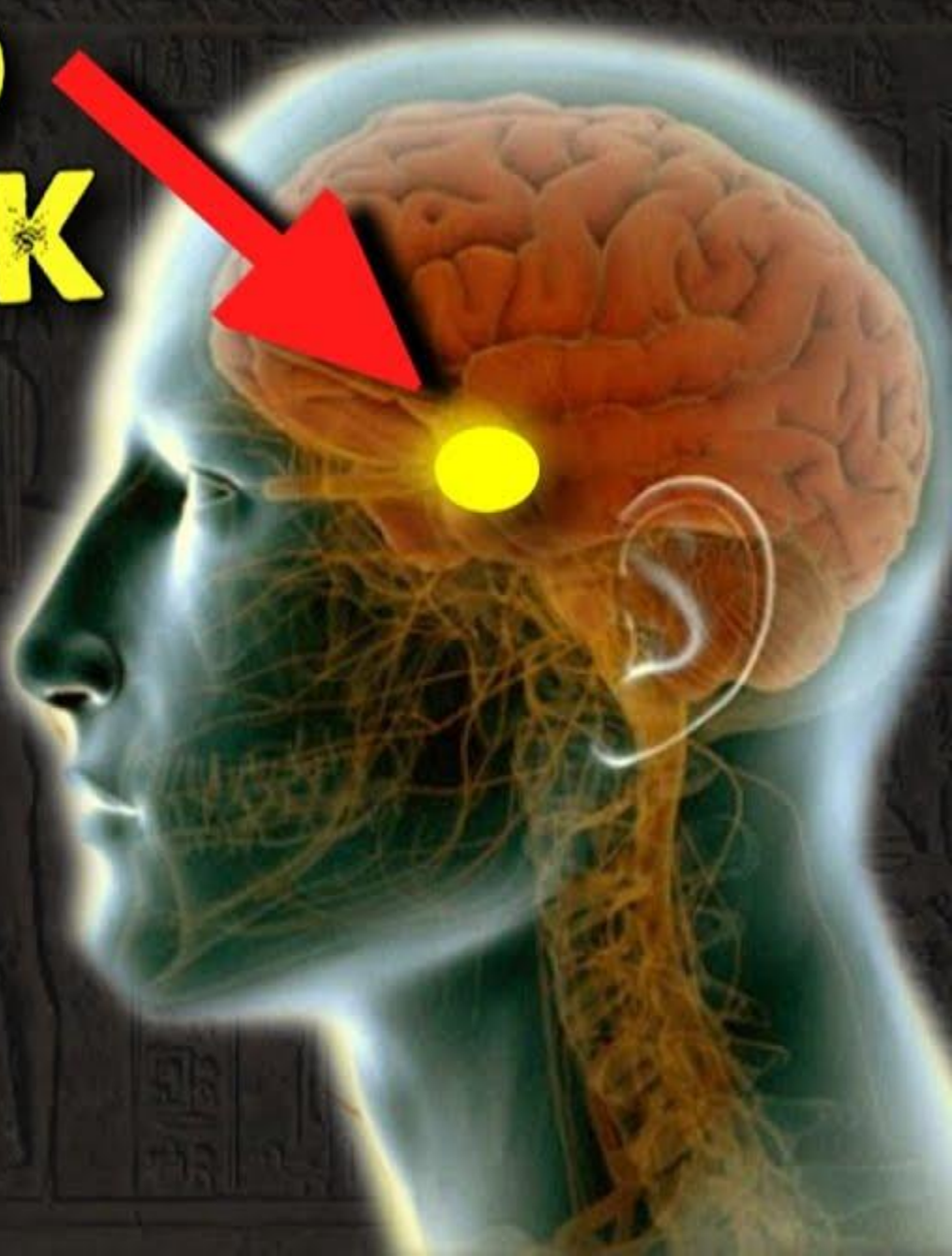
The Big Picture
Awakening to a New
Paradigm



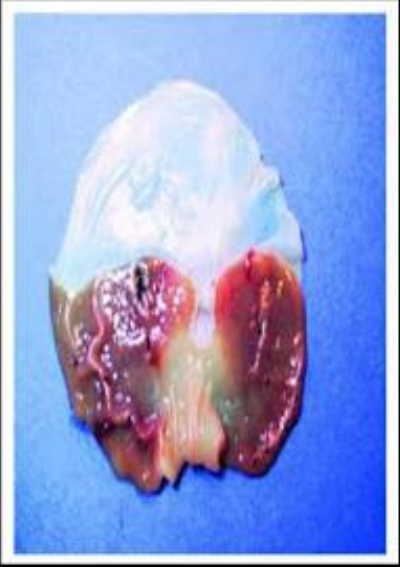
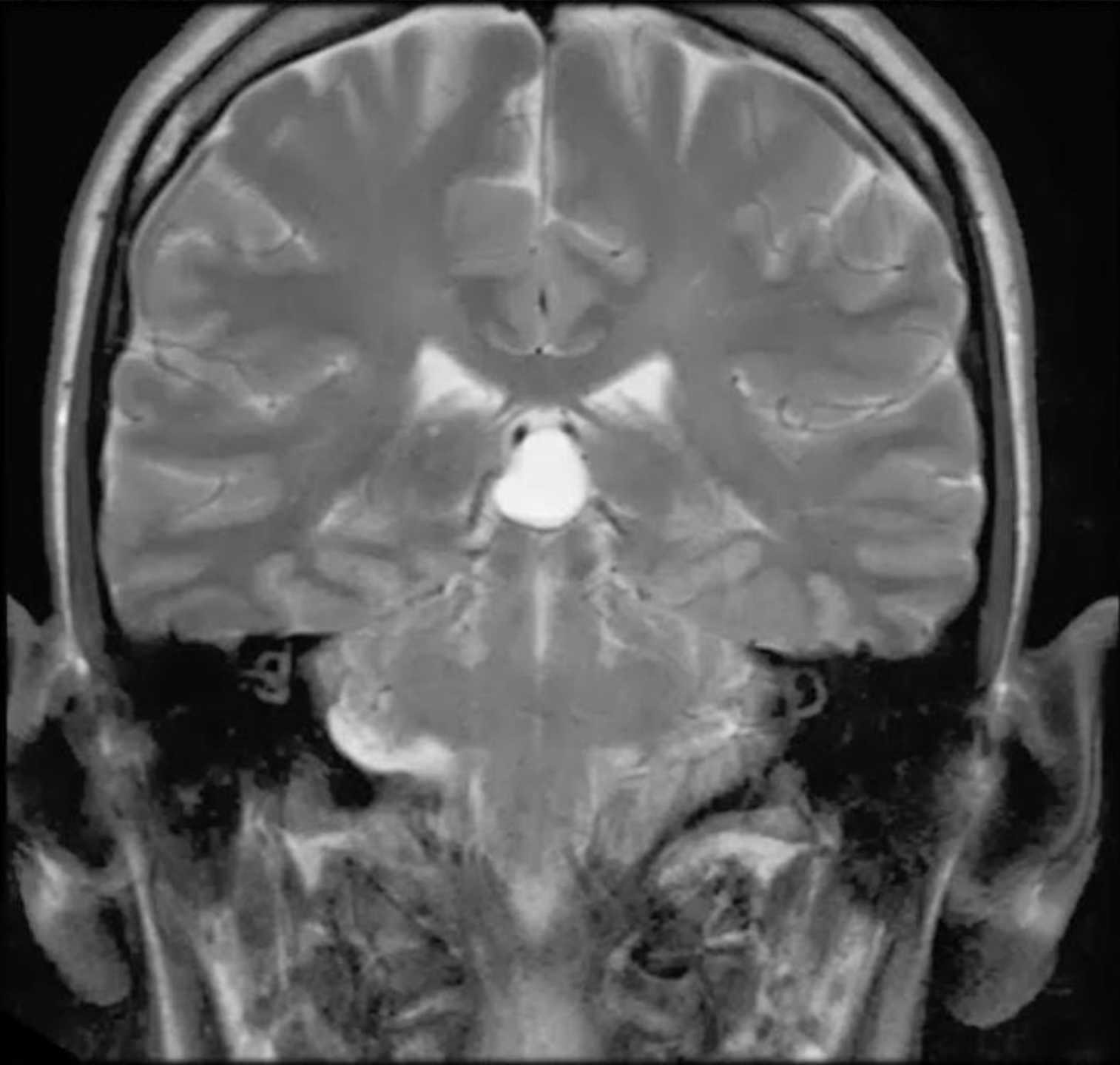
THERE'S NO GOING BACK



(ANCIENT METHOD)



PINEAL GLAND CALCIFICATION



Awakened Creators



Anxious Achievers

The physical universe is a closed system, but...

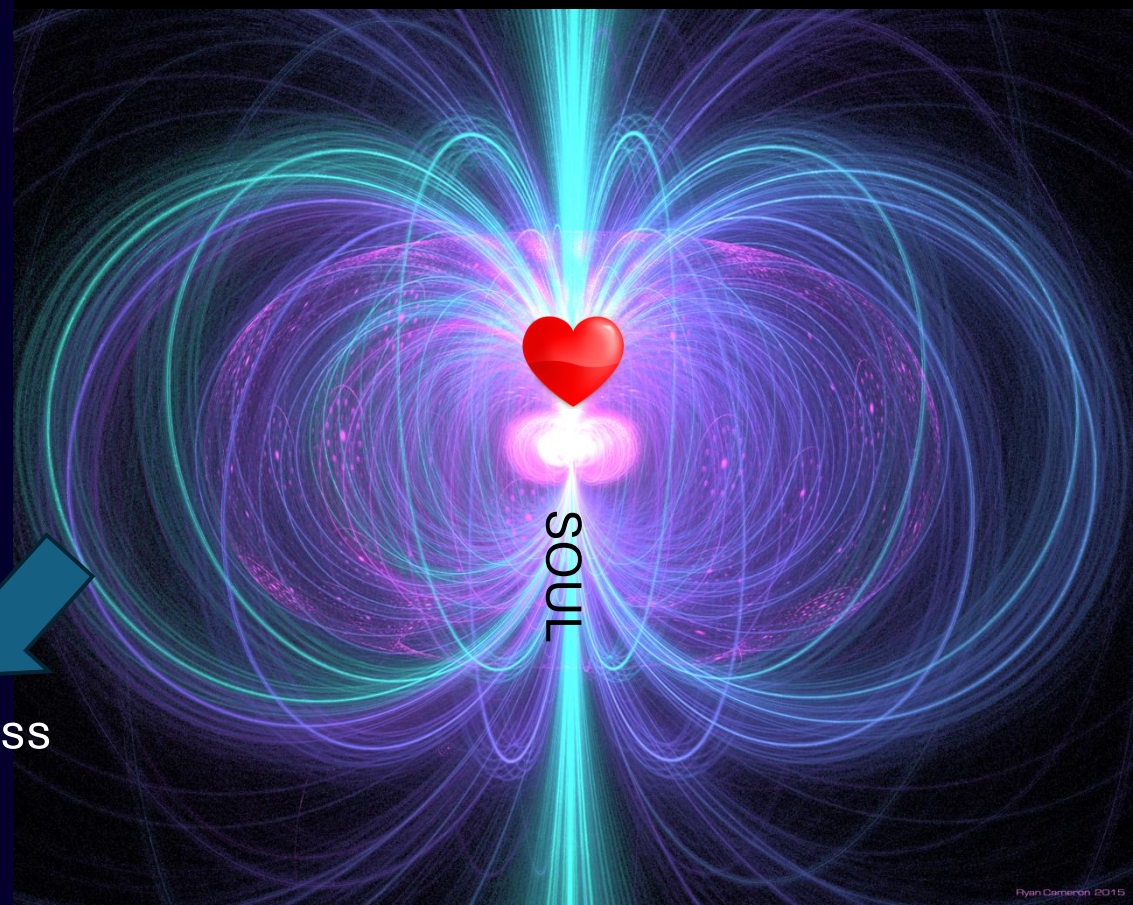
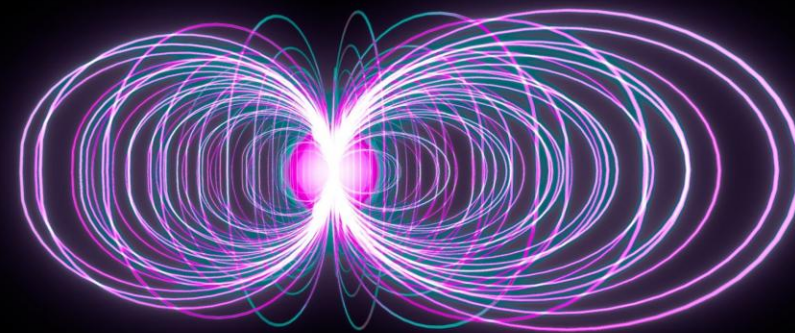
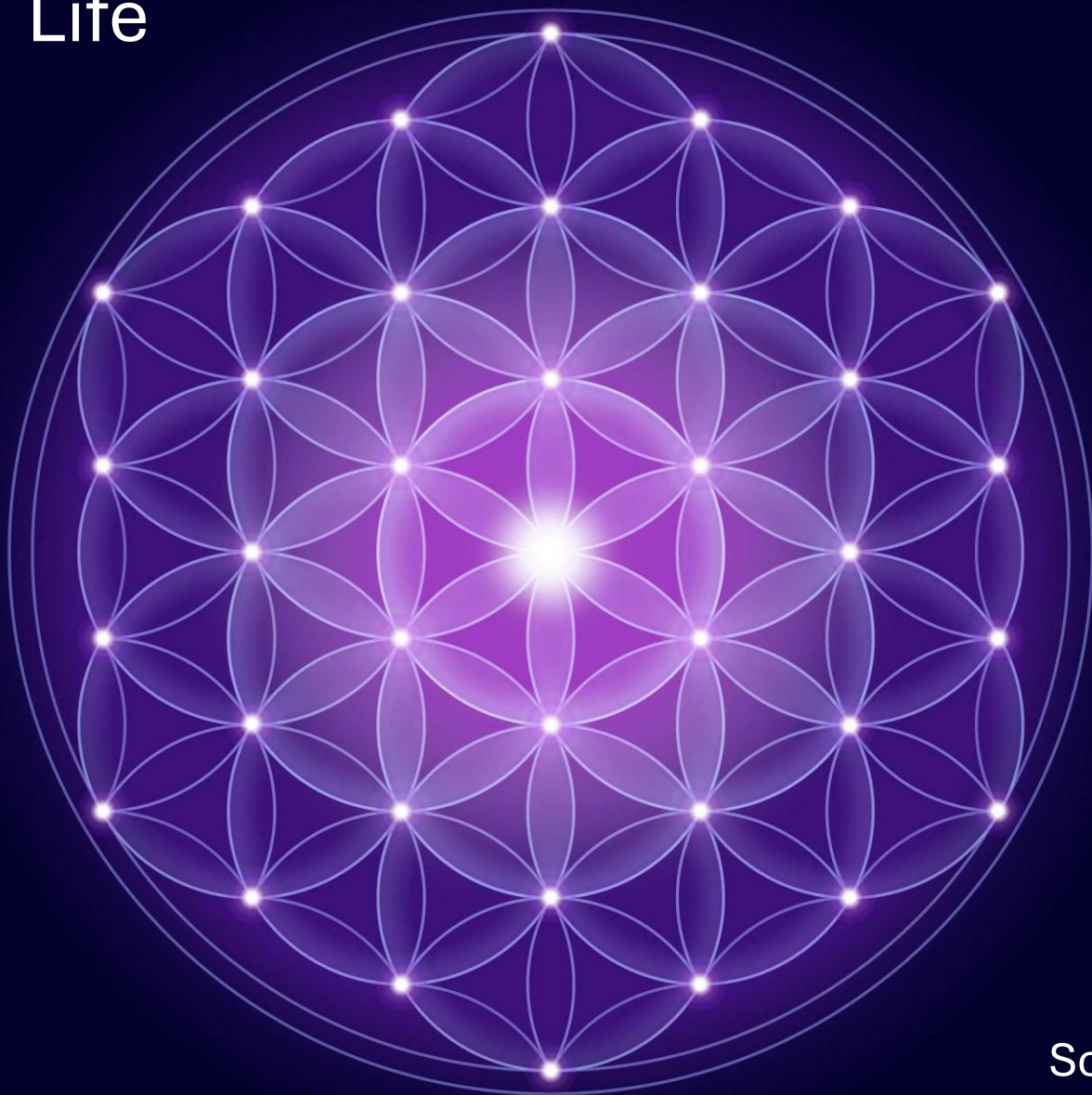


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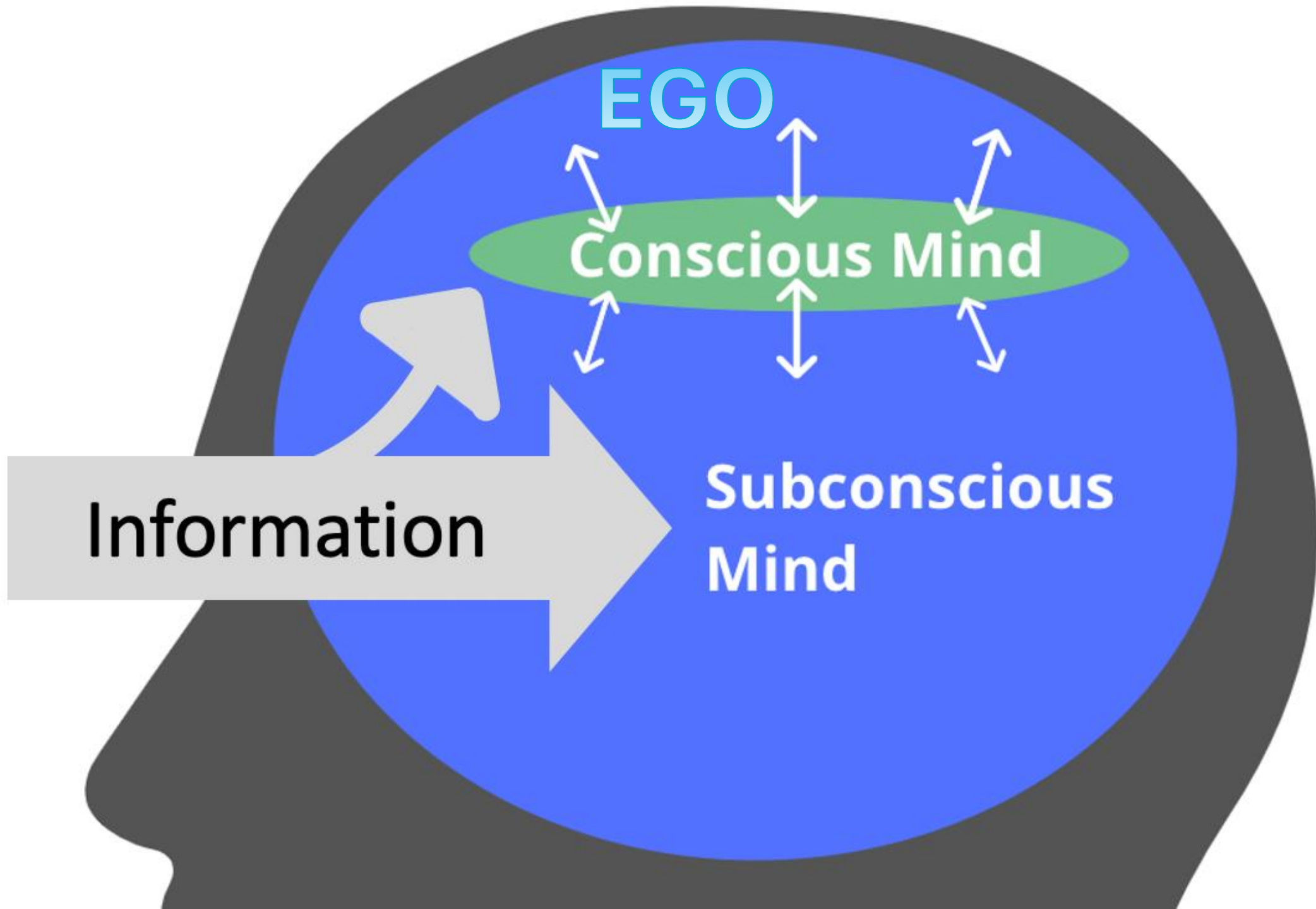
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Life



Soul Loss
Beliefs

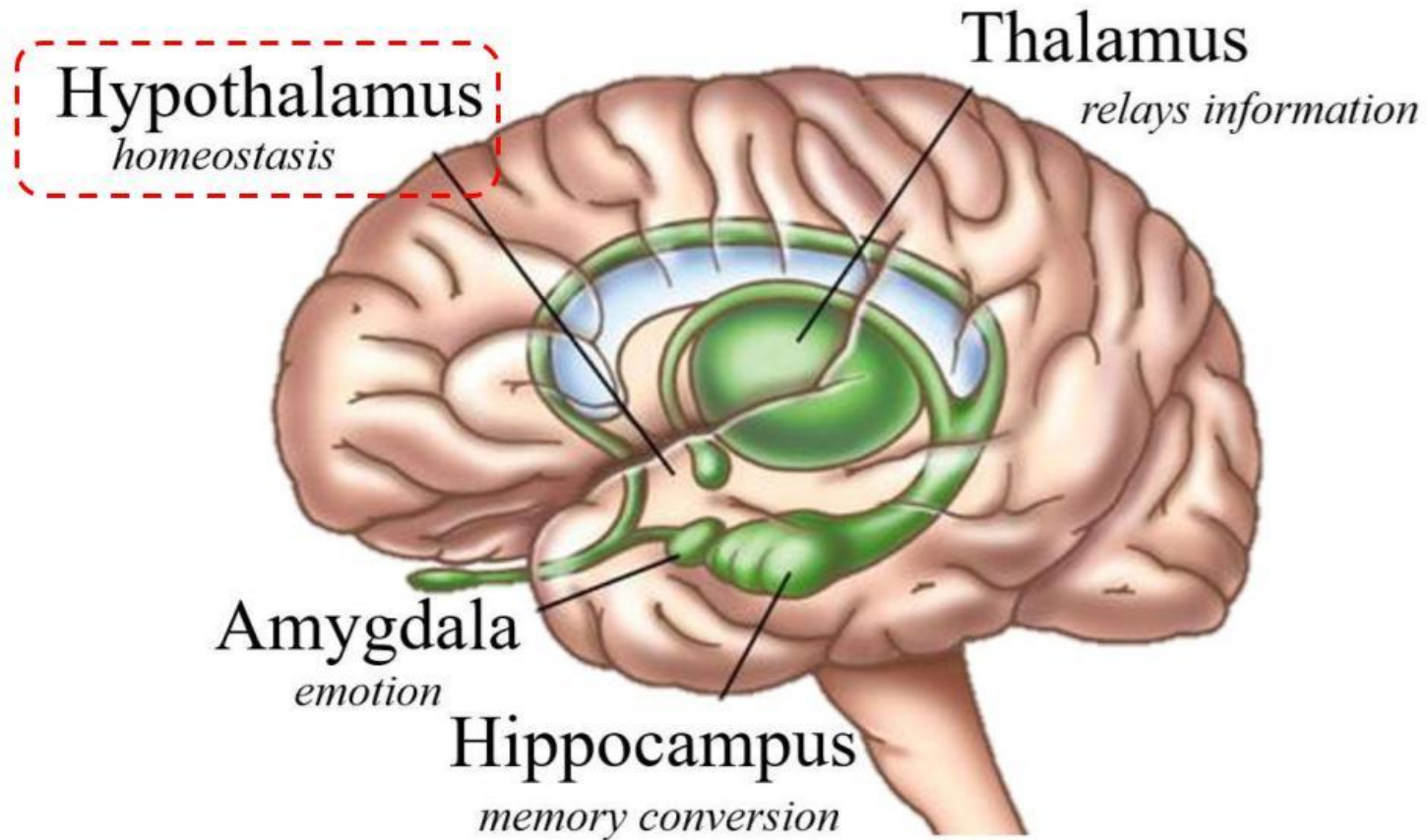


FEAR	FAITH
IGNORANCE	KNOWLEDGE
DISEASE	EASE
FAILURE	SUCCESS

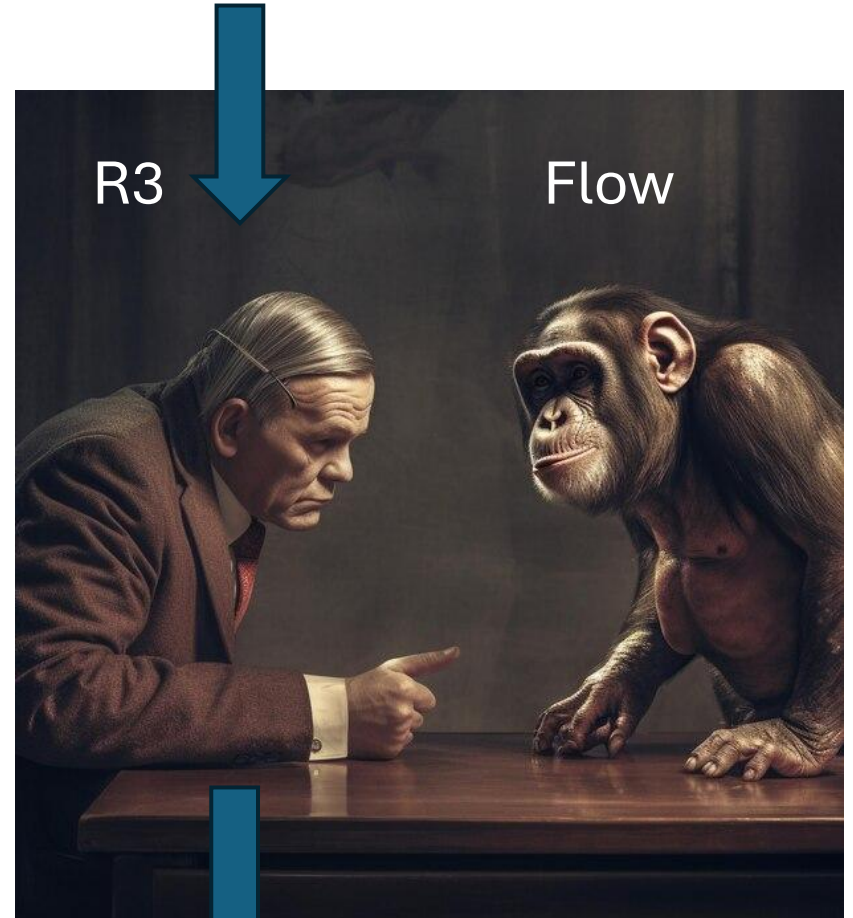


CONSCIOUS AND SUBCONSCIOUS MIND

The Limbic System



No Communication

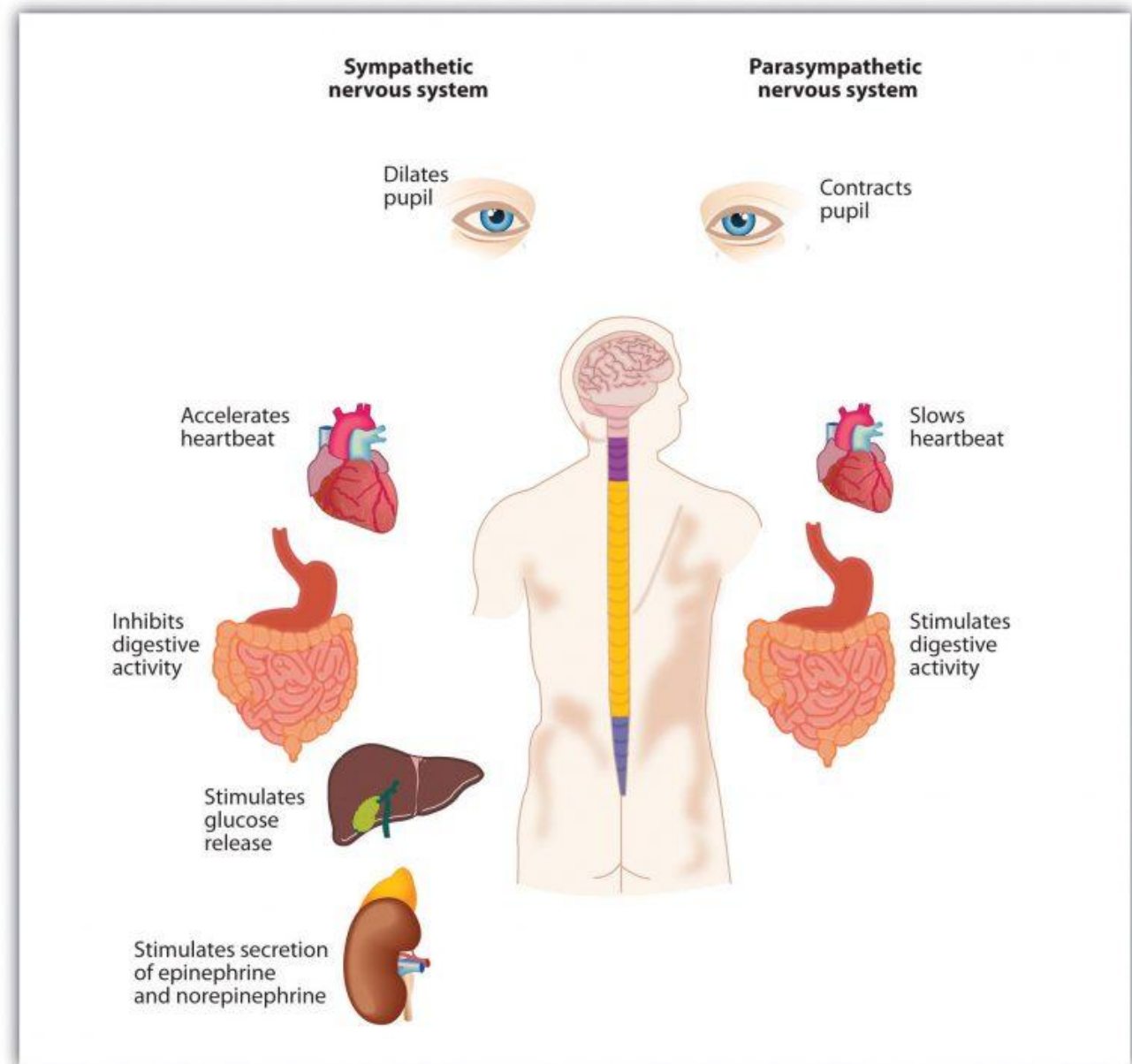


Survival loop



ANS

Shift to PNS



How your **EMOTIONS AFFECT** your body⁺organs



Feed OR Bleed

EMPEGS



Childhood Imprints

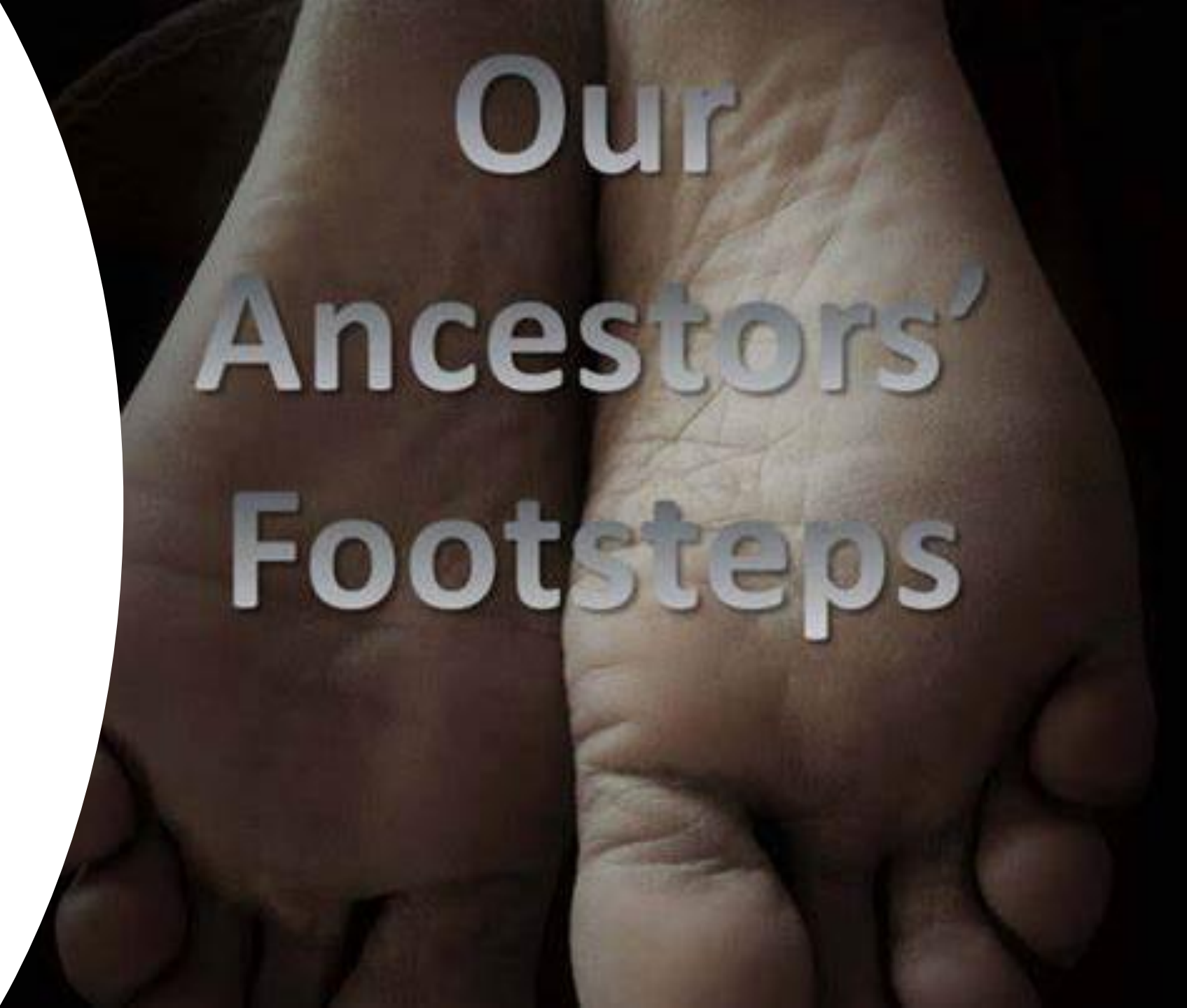
The 5 A's

- ✓ Affection = Safety
- ✓ Attention = Presence / Self-worth
- ✓ Acceptance = Belong
- ✓ Appreciation = Being seen
- ✓ Allowance = unconditional love



Brain: pattern recognition + automation

Generational
Trauma &
Epigenetics



Our Ancestors' Footsteps





Needy/deficient

Inferior

E = clutch



Rogue/Personalities

Competition

Superior

E = Controlling



Independent

Interior

E: coherent (harmony)





Releases Emotional
Trauma

Talk Therapy vs. Somatic Therapy

MAP OF CONSCIOUSNESS

	God-view	Life-view	Level	Scale	Emotion	Process	
P O W E R	Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness	S T R O N G
	All-Being	Perfect	Peace	600	Bliss	Illumination	
	One	Complete	Joy	540	Serenity	Transfiguration	
	Loving	Benign	Love	500	Reverence	Revelation	
	Wise	Meaningful	Reason	400	Understanding	Abstraction	
	Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence	
	Inspiring	Hopeful	Willingness	310	Optimism	Intention	
	Enabling	Satisfactory	Neutrality	250	Trust	Release	
F O R C E	Permitting	Feasible	Courage	200	Affirmation	Empowerment	W E A K
	Indifferent	Demanding	Pride	175	Scorn	Inflation	
	Vengeful	Antagonistic	Anger	150	Hate	Aggression	
	Denying	Disappointing	Desire	125	Craving	Enslavement	
	Punitive	Frightening	Fear	100	Anxiety	Withdrawal	
	Disdainful	Tragic	Grief	75	Regret	Despondency	
	Condemning	Hopeless	Apathy	50	Despair	Abdication	
	Vindictive	Evil	Guilt	30	Blame	Destruction	
	Despising	Miserable	Shame	20	Humiliation	Elimination	

Numbers
MLK
Ghandi
Sun-Earth-Heart

YOU CREATE AT
THE LEVEL OF
YOUR
CONSCIOUSNESS



Tiny SHIFTS

DIS-EASE

SPIRITUAL

EMOTIONAL

MENTAL

PHYSICAL



ParableVisions.com
artwork by cameron gray

Gamma
(<25 Hz)



Awareness

Beta
(13-25Hz)



Alertness

Alpha
(8-12 Hz)



Relaxed

Theta
(4-7 Hz)

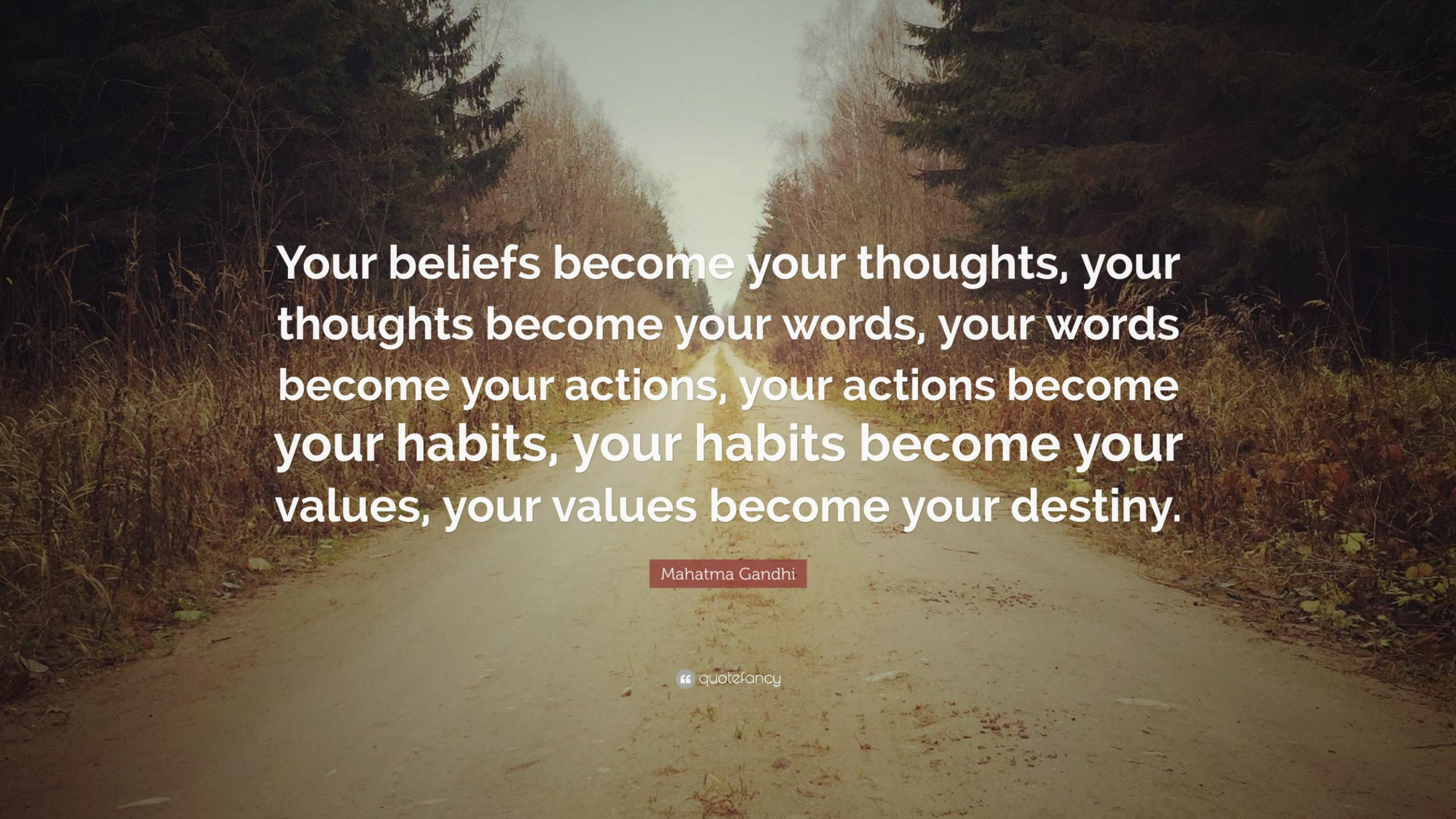


Tired

Delta
(1-3 Hz)



Sleep



Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.

Mahatma Gandhi



FAILURE

- ✓ I Can't / It's too hard
- ✓ Problems - Excuses
- ✓ Failure = final
- ✓ Fear of judgement – no action
- ✓ Stuck in past

SUCCESS

- ✓ Possibilities, not limits
- ✓ Solutions, not problems
- ✓ Setbacks are lessons
- ✓ Belief in lifelong growth
- ✓ Expect success - act

THOUGHTS

The stories we tell ourselves
impact our emotions and actions

ACTIONS

Actions influence thoughts
and emotions

EMOTIONS

Emotions affect our thoughts
and actions



Joe Dispenza

Repetition

Affirmations

Visualization

Meditation

Breath work

Hypnosis

EQ

Environment / Inputs

Action / Embodiment

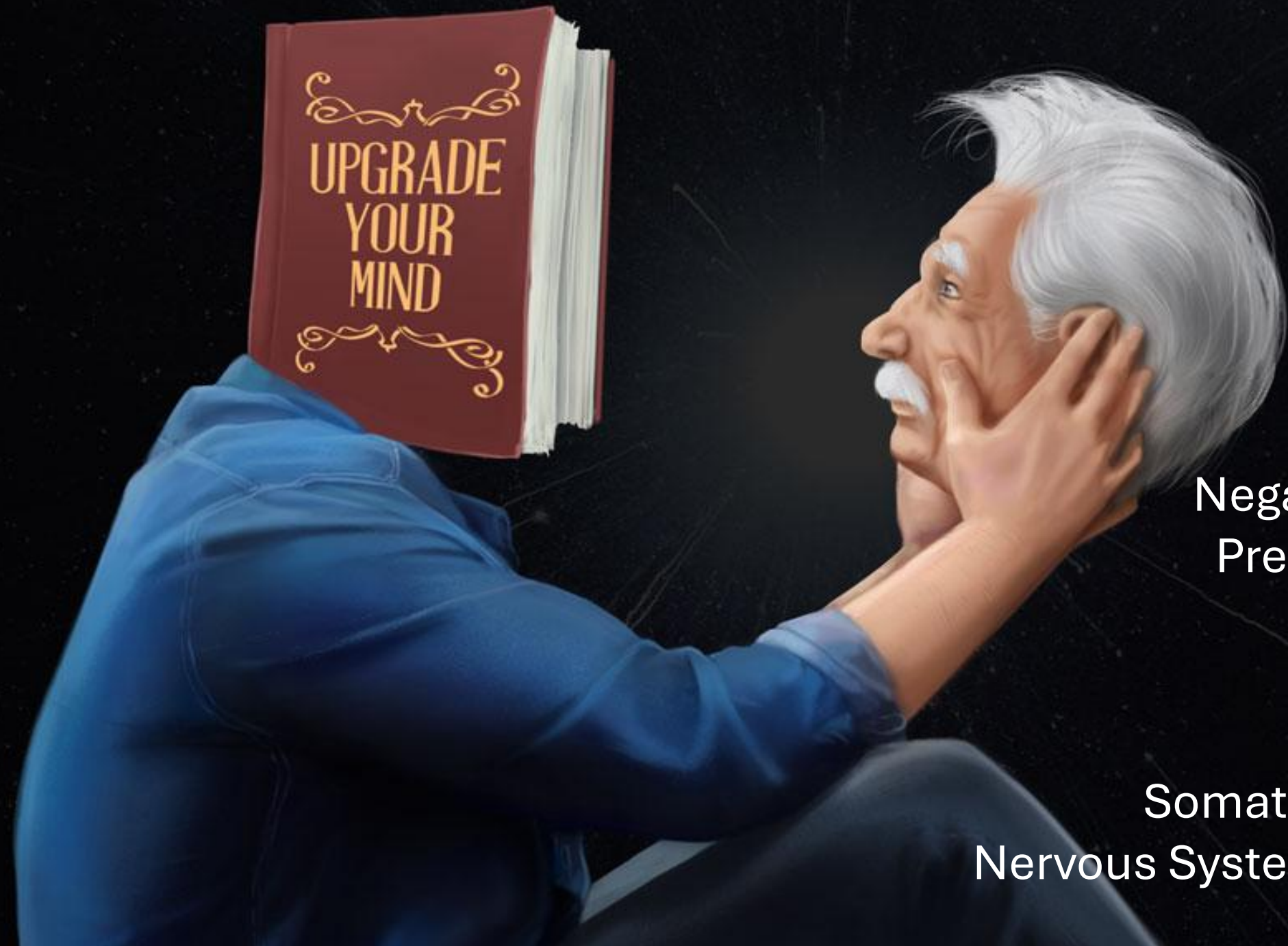
Ceremonies



REWIRING THE MIND

Interactive Session





UPGRADE
YOUR
MIND

Negative Thinking
Present Moment
Gratitude
Visualization
Affirmations
Somatic Awareness
Nervous System Regulation



HOW TO STOP NEGATIVE THINKING



Totally caught up in thoughts



OBSERVER MODE



RECOGNIZE:

Thought: “I’ll never have enough money.”

Emotion: fear, scarcity, hopelessness

Sensation: tight chest, clenched jaw, restless mind.

Ask yourself:

- Where did this belief come from?
- Is this a thought or a truth?

REFRAME:

“I’ve believed this for a long time, but beliefs can change.”

“Plenty of people have shifted their financial reality — so can I.”

“I’m learning skills, making changes, and taking steps toward abundance.”

“Money is a skill set, not a personality trait. I can grow into wealth.”



REWIRE:

Say the new thought **aloud or in writing**, daily: “I am capable of creating wealth in aligned, sustainable ways.”

Use somatic tools like:

- ✓ Breathwork (box breathing or long exhales)
- ✓ Tapping on meridian points while stating your new belief
- ✓ Visualization of your future abundant self

This step literally replaces old loops of lack with grounded self-trust and momentum.



Final Shift:

Old: “I’ll never have enough money.”

New: “My financial story is still being written — and I get to choose the next chapter.”

A person is shown in silhouette, sitting in a meditative pose on a beach. Their hands are resting on their knees in a mudra. The background features a calm ocean with gentle waves under a sunset sky with warm orange and yellow tones. The text "Present-moment Mastery" is overlaid in the upper right area.

Present-moment Mastery

5-4-3-2-1 GROUNDING TECHNIQUE



5 THINGS YOU
CAN SEE



4 THINGS YOU
CAN FEEL



3 THINGS YOU
CAN HEAR



2 THINGS YOU
CAN SMELL



1 THING YOU
CAN TASTE

A woman with long dark hair is sitting in a field of tall, golden-brown grass. She has her arms outstretched to the sides, palms up, and her eyes are closed with a peaceful expression. The background is a soft-focus field of similar grass under a warm, golden light, suggesting a sunset or sunrise. The overall mood is one of tranquility and gratitude.

An Attitude of Gratitude

Best Day



- ✓ Focus on breath or box-breathing
- ✓ Pull past and future into present moment
- ✓ Ex: doing dishes / enjoying a meal.
- ✓ Listen and be present

**My brain
has too many
tabs open.**



**ACCEPT WHAT
IS, LET GO OF
WHAT WAS, HAVE
FAITH IN WHAT
WILL BE.**

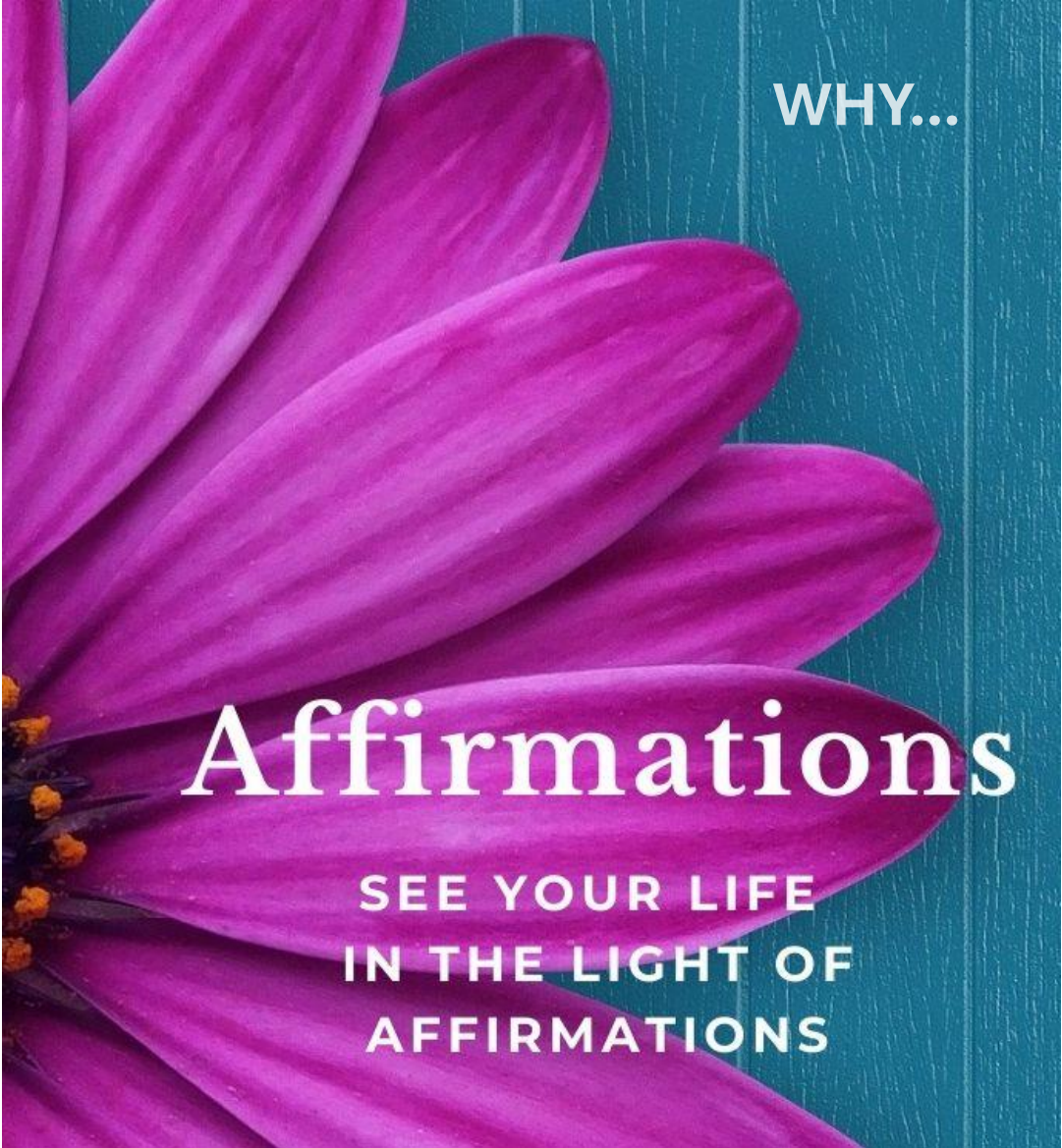
THEGOODVIBE.CO



Learning Visualization

Let's Practice!

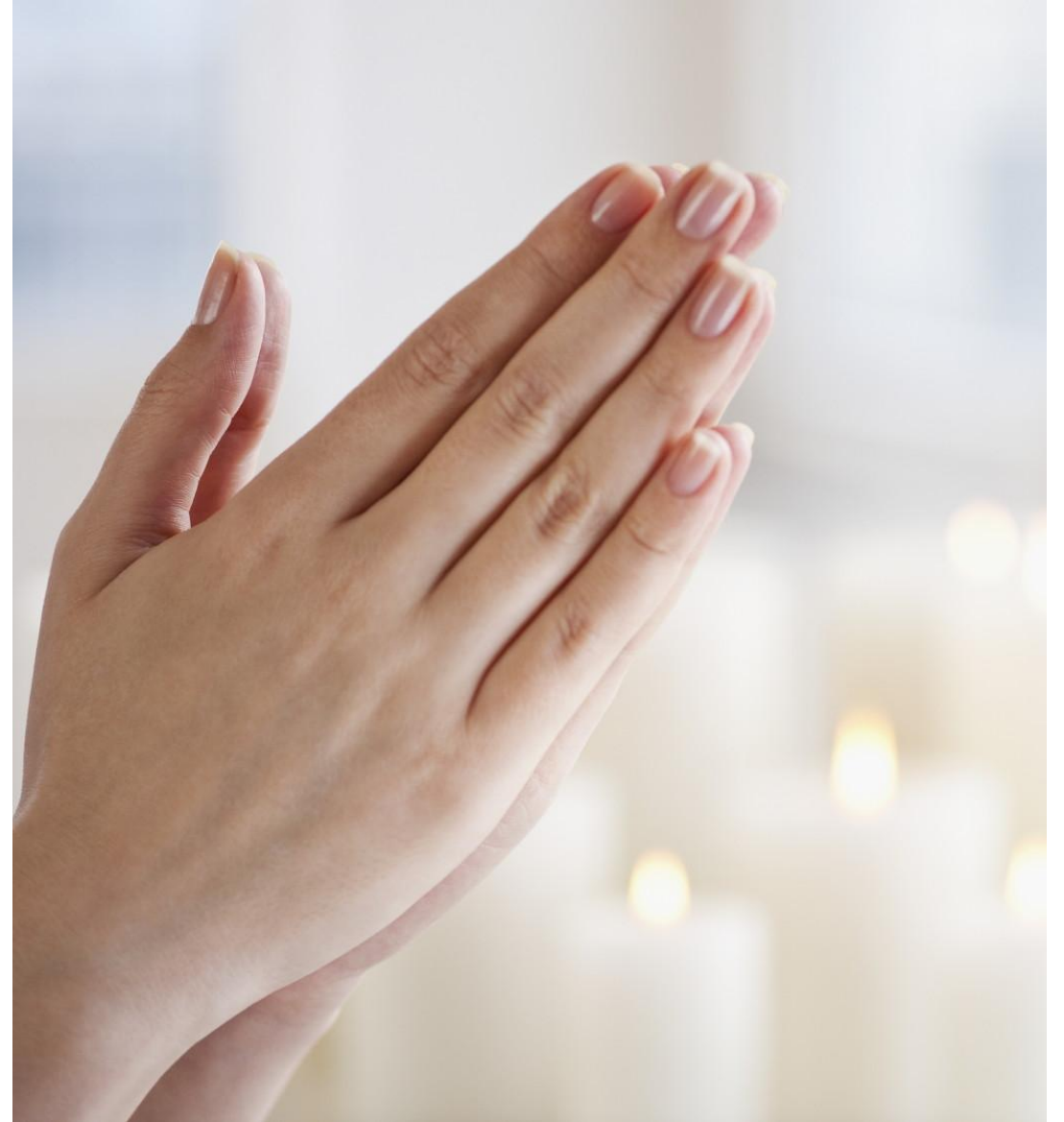




WHY...

Affirmations

SEE YOUR LIFE
IN THE LIGHT OF
AFFIRMATIONS



SOMATIC AWARENESS

THE WISDOM OF THE BODY

HOW TUNING IN TO OUR
BODIES HELPS US HEAL



Nervous System Regulation 101





✓ Breath OUT > IN

✓ HUM (hmmm)

✓ OM

✓ VOO

✓ Gargle

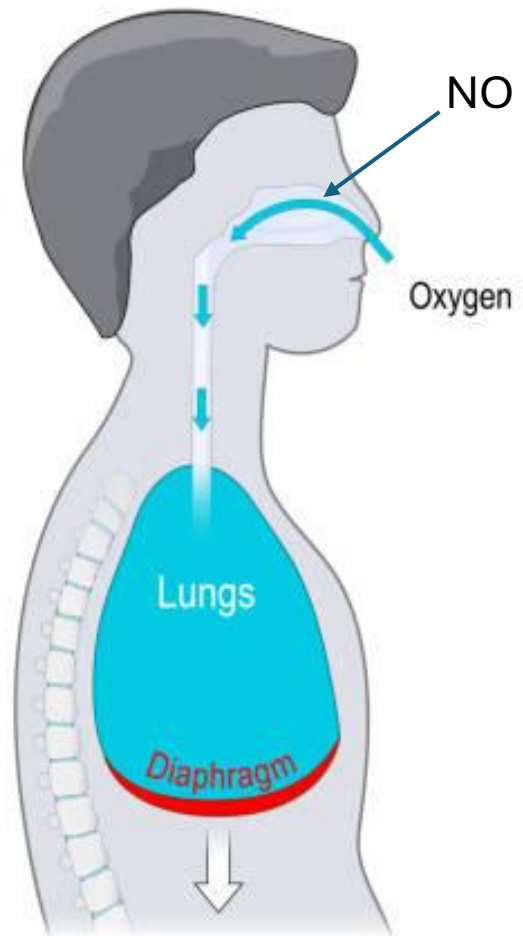
✓ Sing out LOUD

BREATH AS MEDICINE

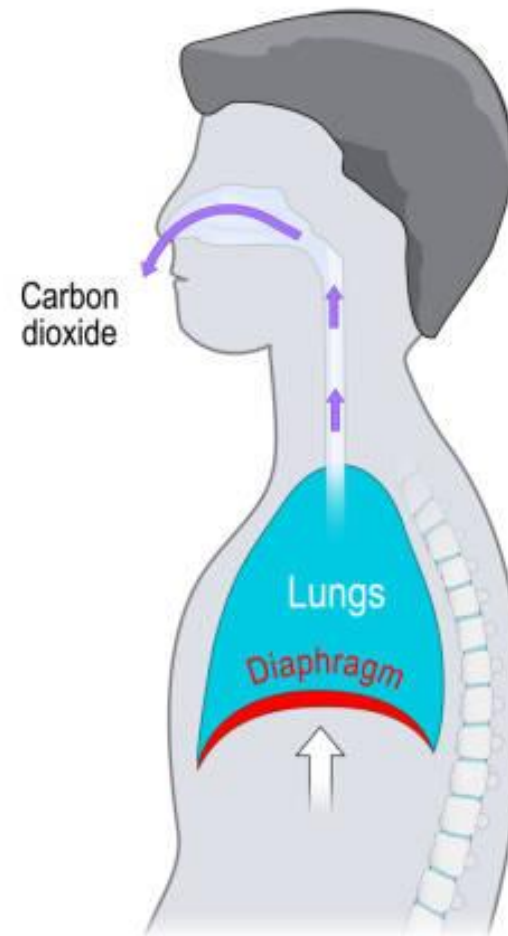
The Power Within



INSPIRATION

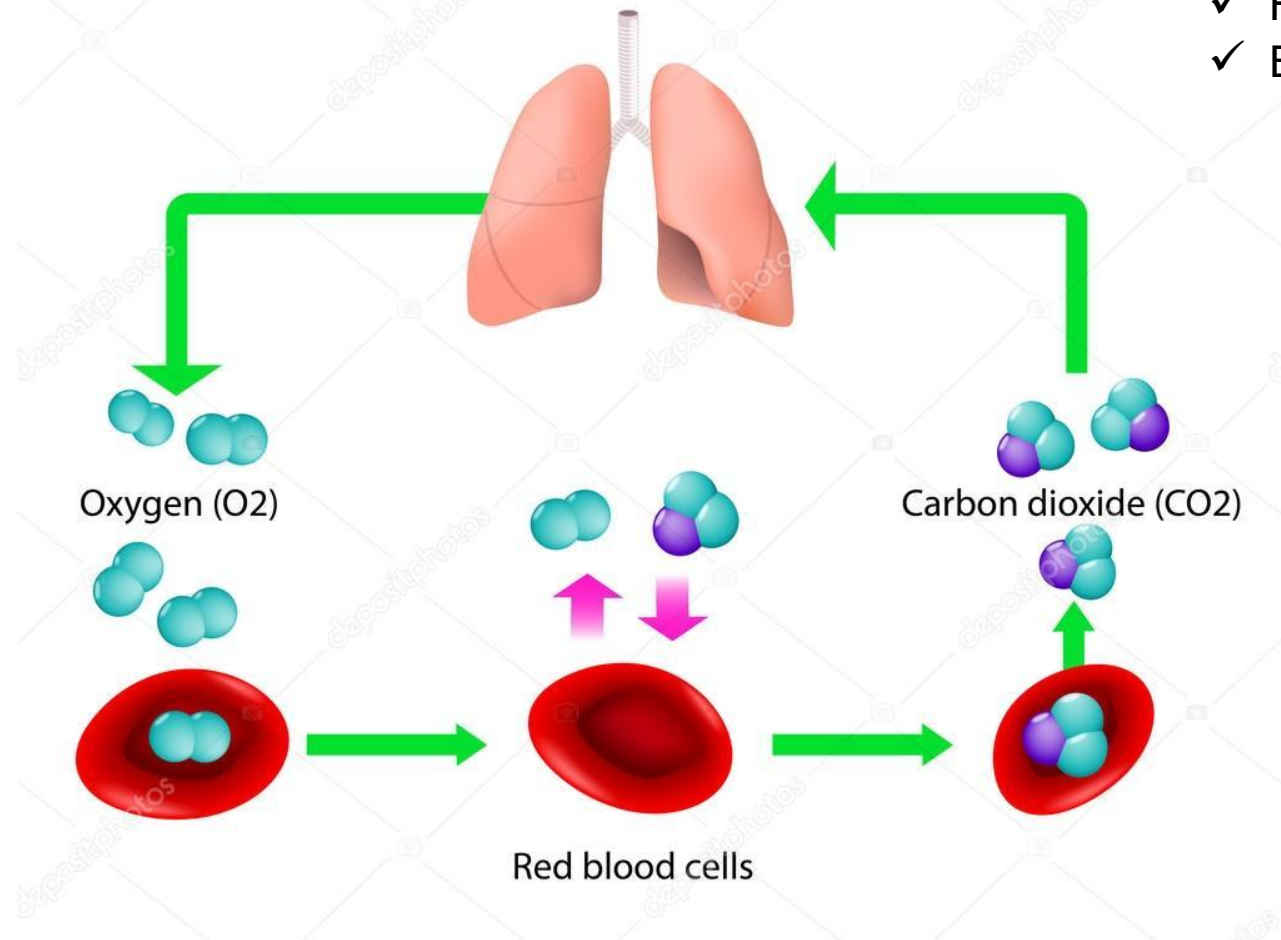


EXHALATION

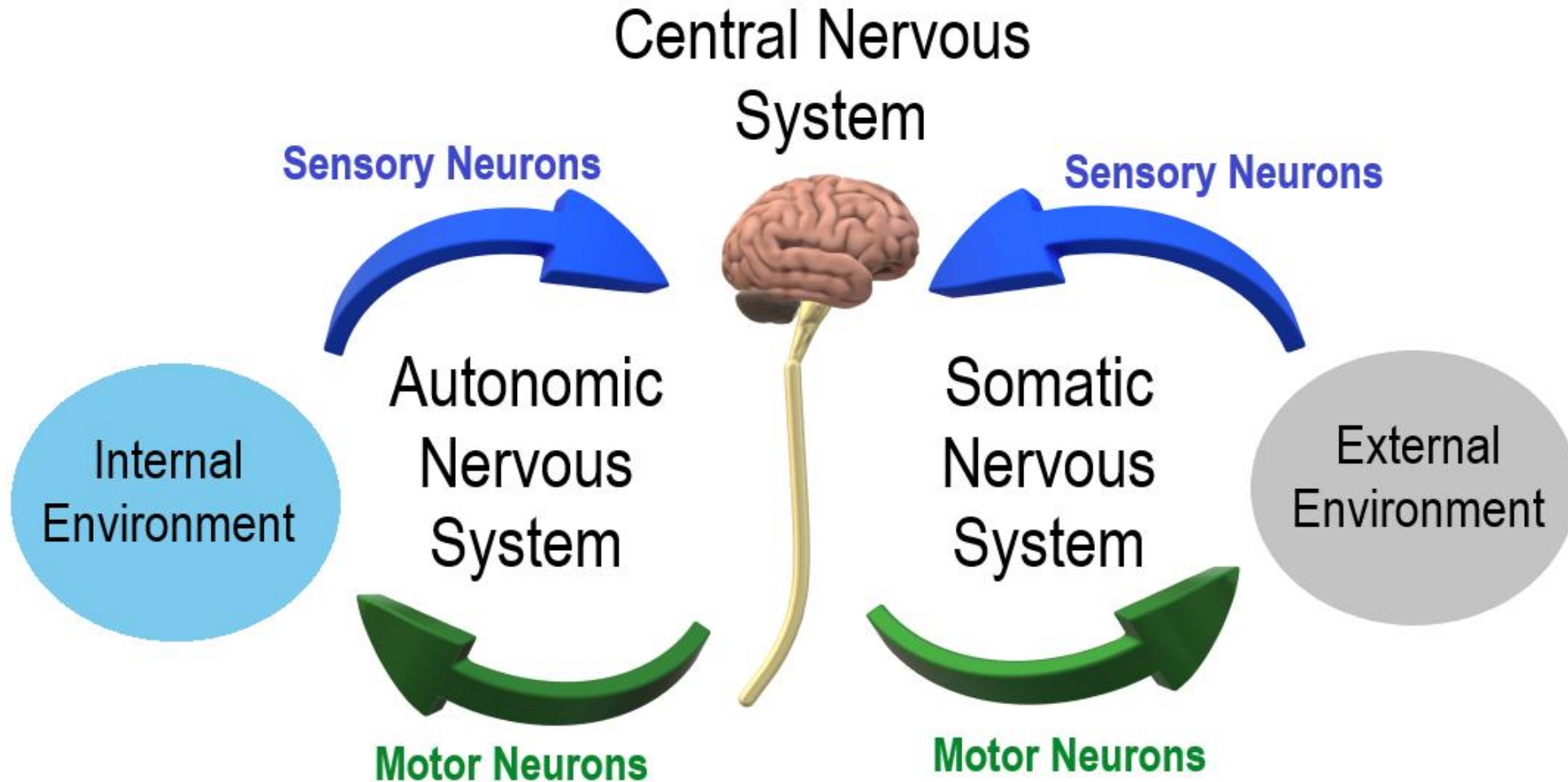


GAS EXCHANGE

- ✓ Hold after exhale
- ✓ BOX breathing



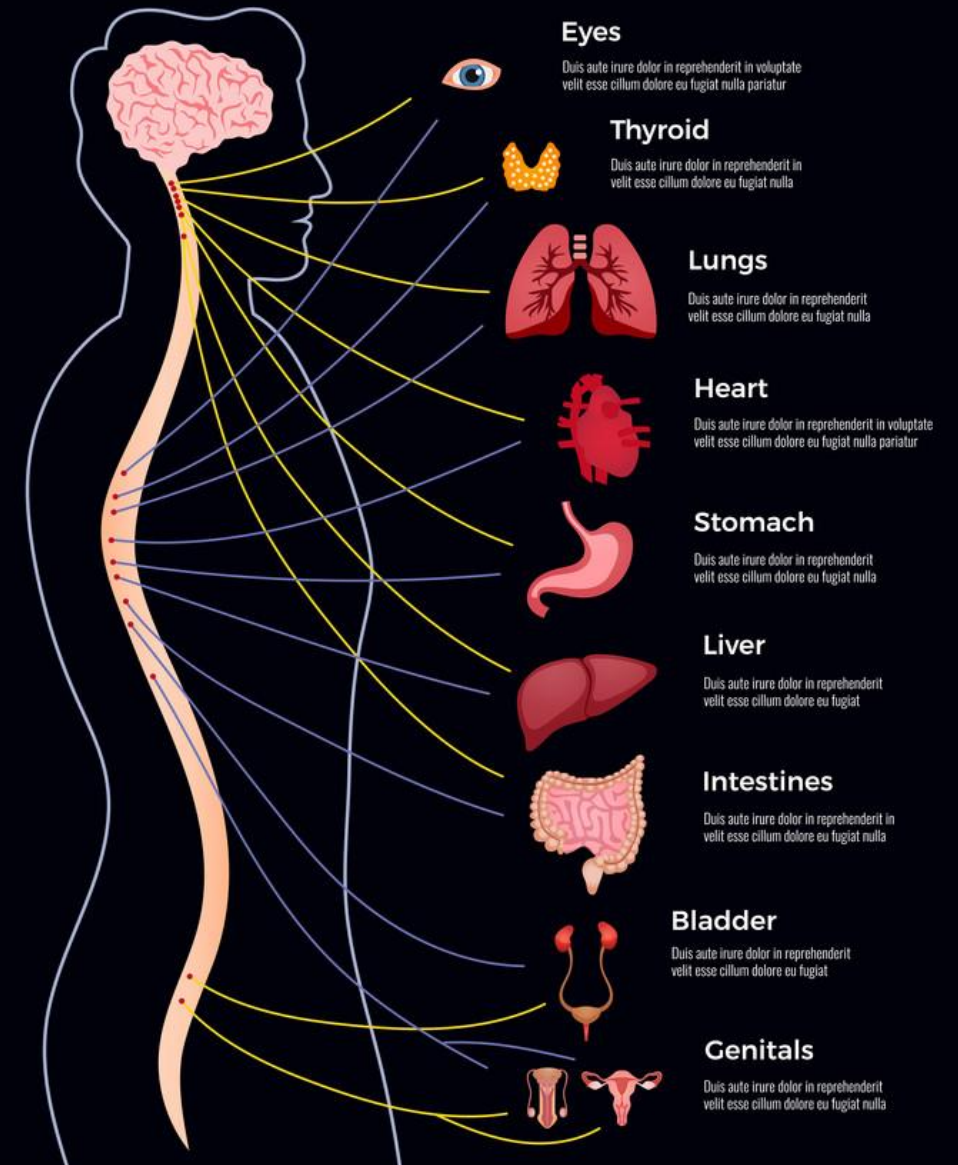
Breath = Bridge



ANS

THE NERVOUS SYSTEM

■ Parasympathetic ■ Sympathetic



Vagus Nerve

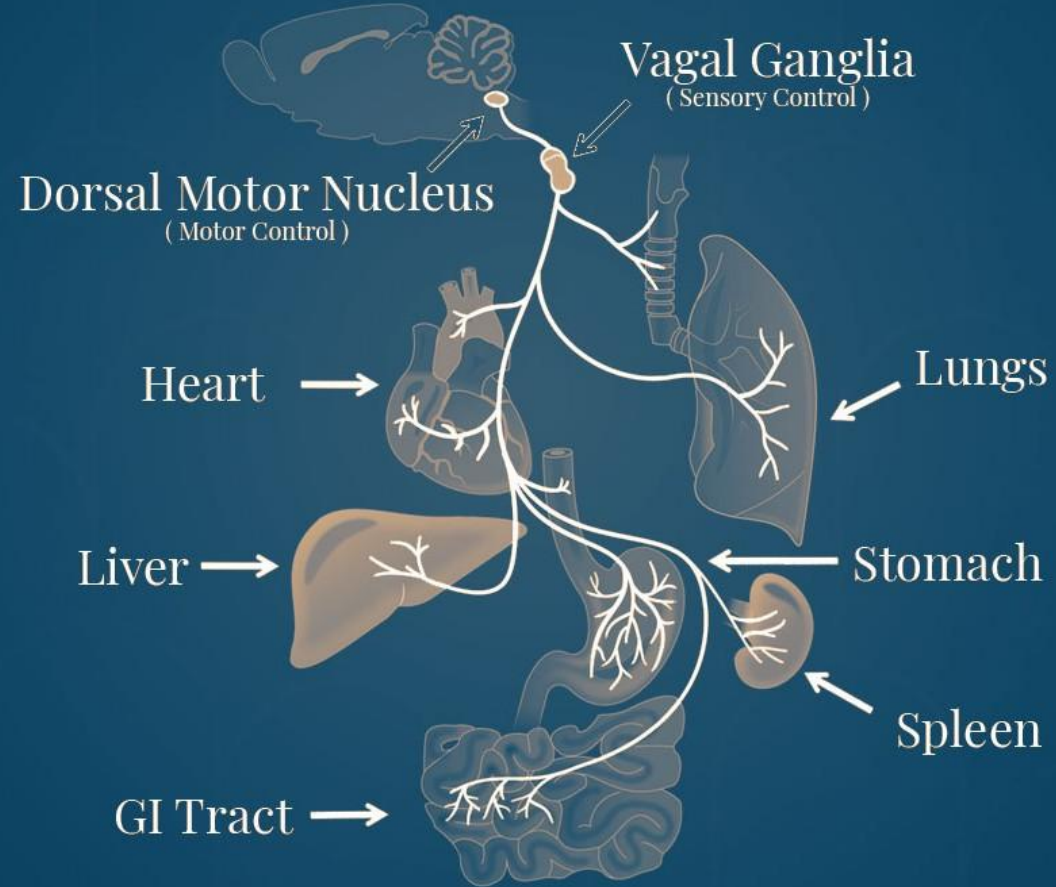
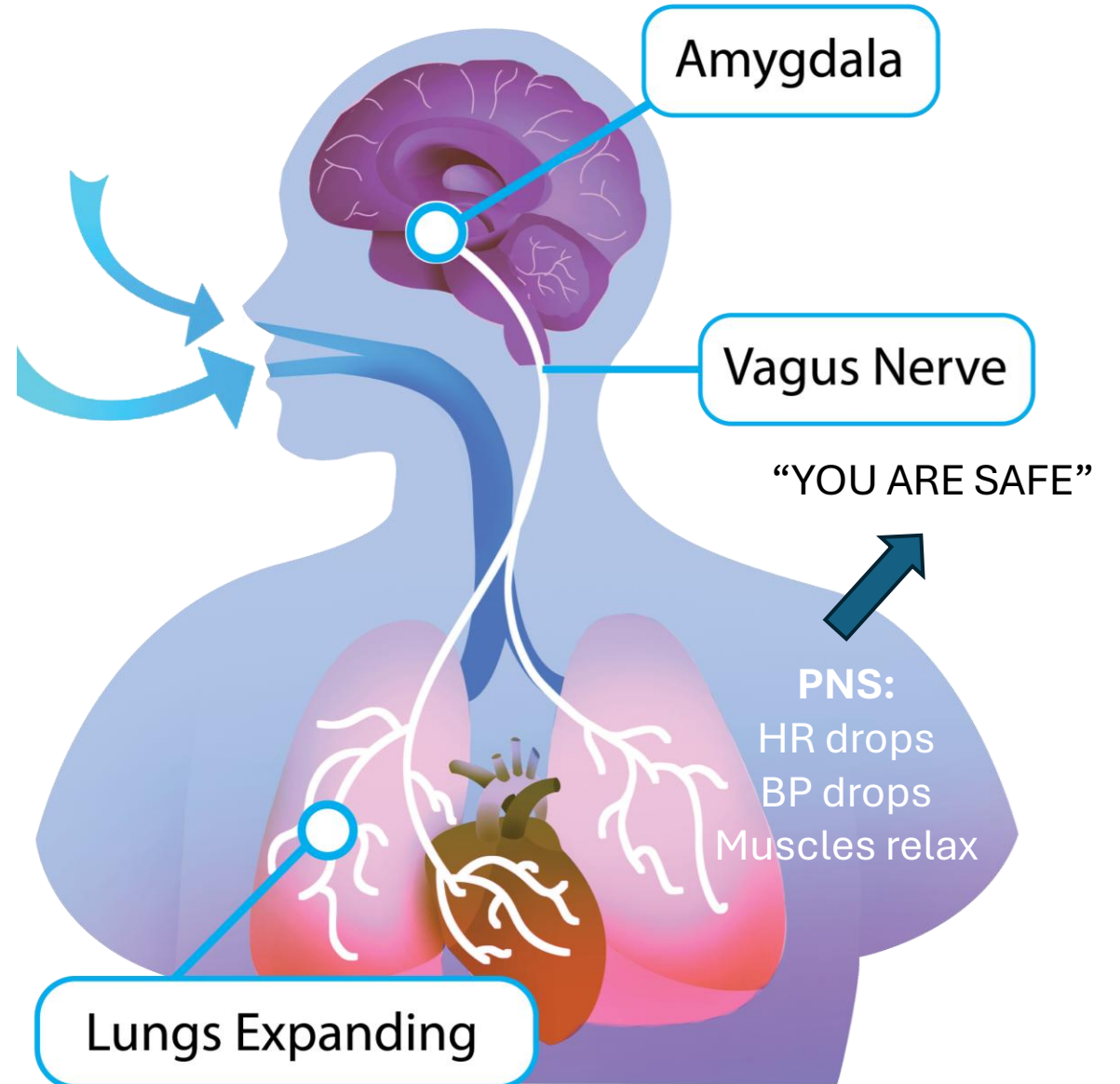
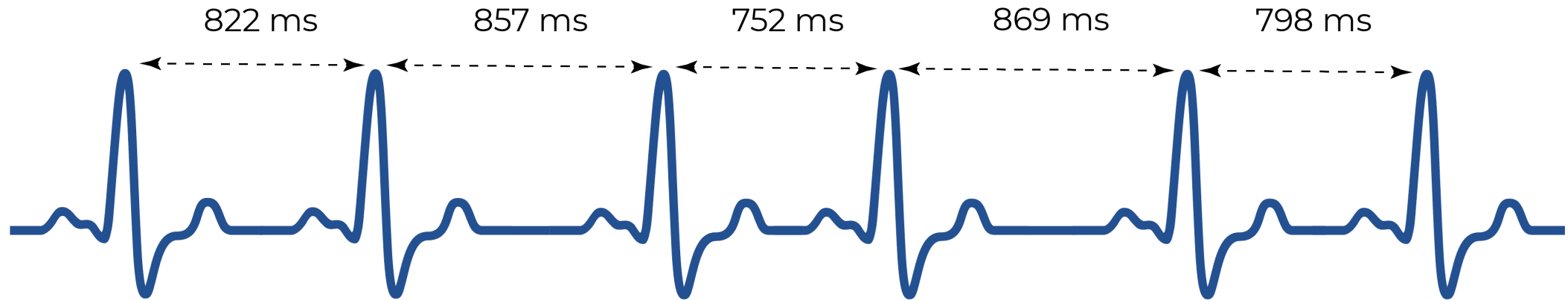


Image Adapted from Chang, Rui B (2019)

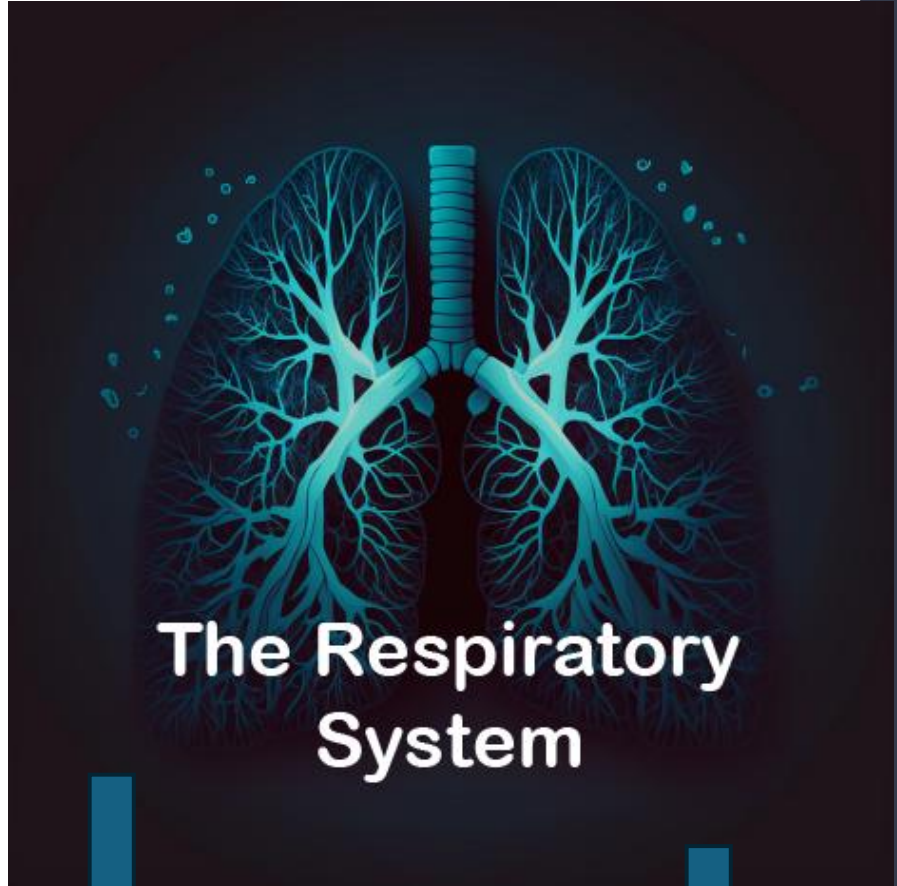


HRV = variation between beat to beat intervals



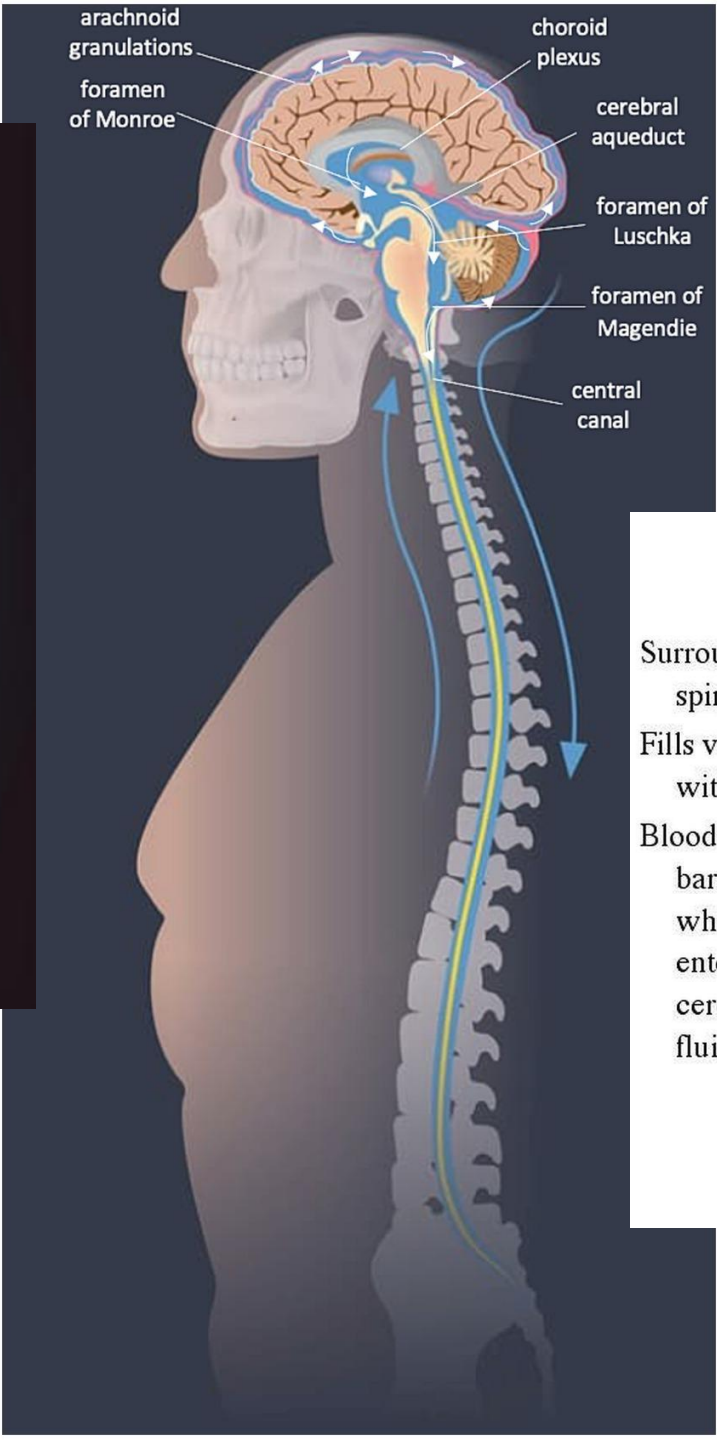
Heart Rate = beats per minute (on average)

*Research: BW and Meditation more effective than drugs for treatment of anxiety and depression.



Our Breath powers entire energetic field and nervous system!

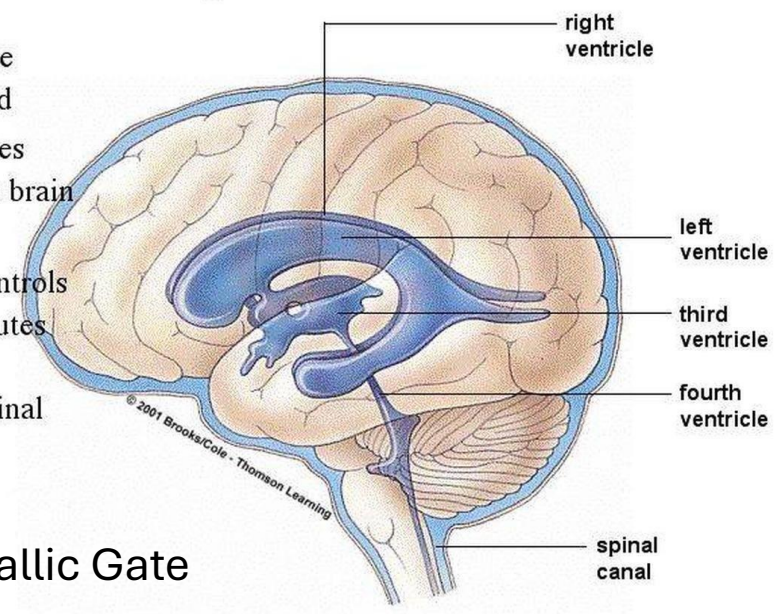
DMT



CNS

Cerebrospinal Fluid

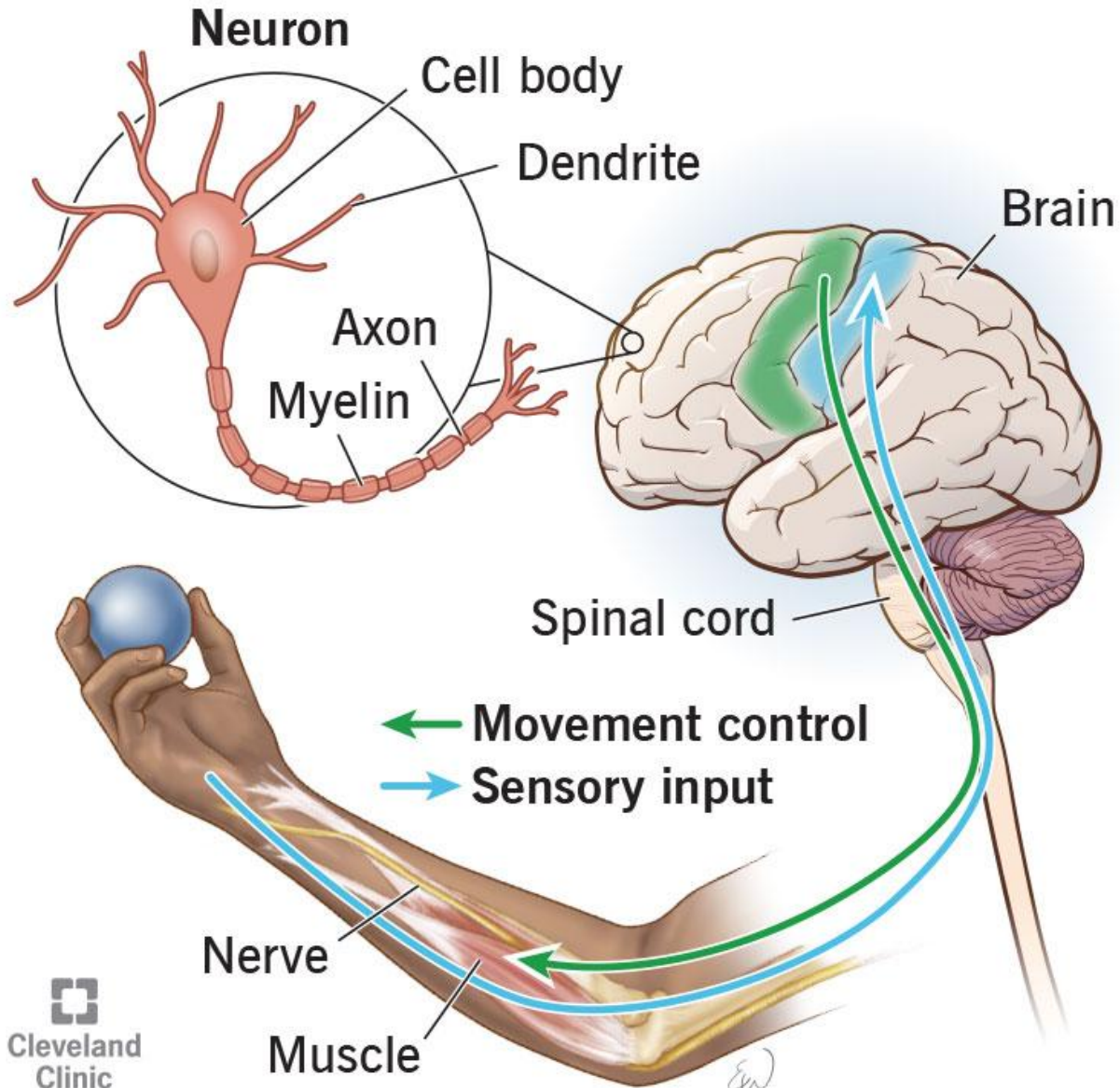
Surrounds the spinal cord
Fills ventricles within the brain
Blood-brain barrier controls which solutes enter the cerebrospinal fluid



Fallic Gate

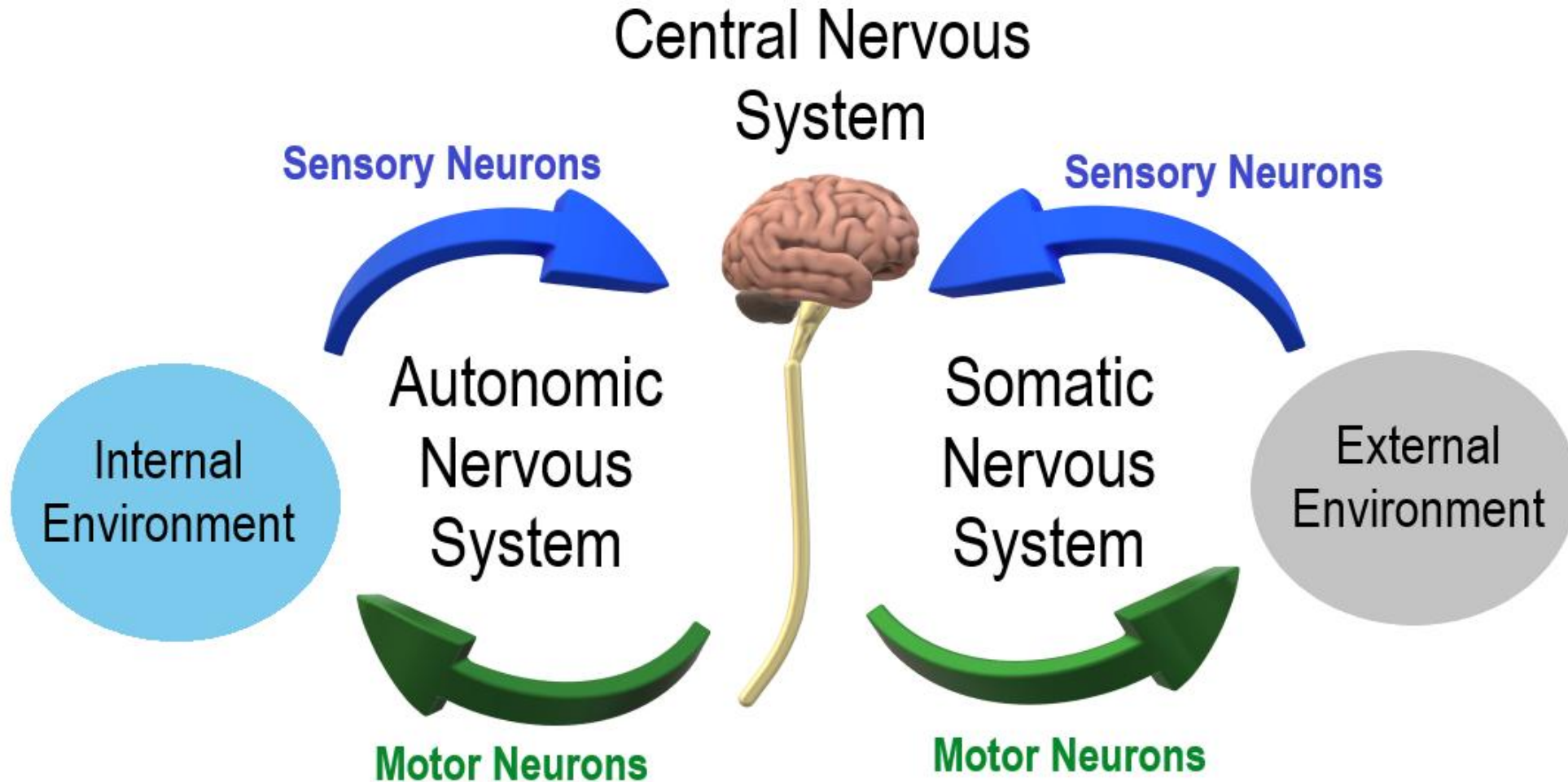
Somatic Nervous System

SNS



- Voluntary motor control of skeletal muscles.
- Sensory information from skin, muscles, joints.

Breath = Bridge



The Benefits of Breathwork



Anxiety
Relief



Stress
Relief



Increased
Energy



Boost to
Immunity



Lowers
Blood
Pressure



Strengthens
Lungs



Improves
Focus



Improves
Sleep
Health



Helps
Manage Pain
Symptoms



Helps Heal
Trauma



Improved
Breathing



Improves
Mood and
Self-esteem



Helps Manage
Symptoms of
Depression

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APPLICATIONS



What is 9D Breathwork?

9D multi-dimensional sound

World-class music

somatic breathwork

guided vocal coaching

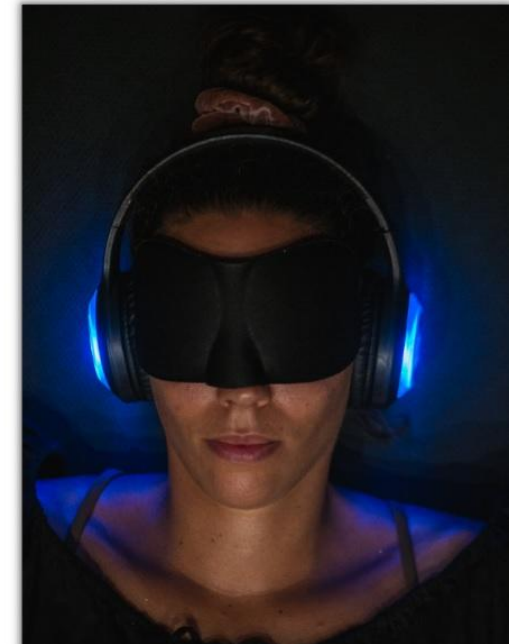
solfeggio frequencies

432hz harmonic tuning

binaural brain entrainment

isochronic brainwave tones

subliminal hypnotic therapy



Experiences while Breathing / Releasing



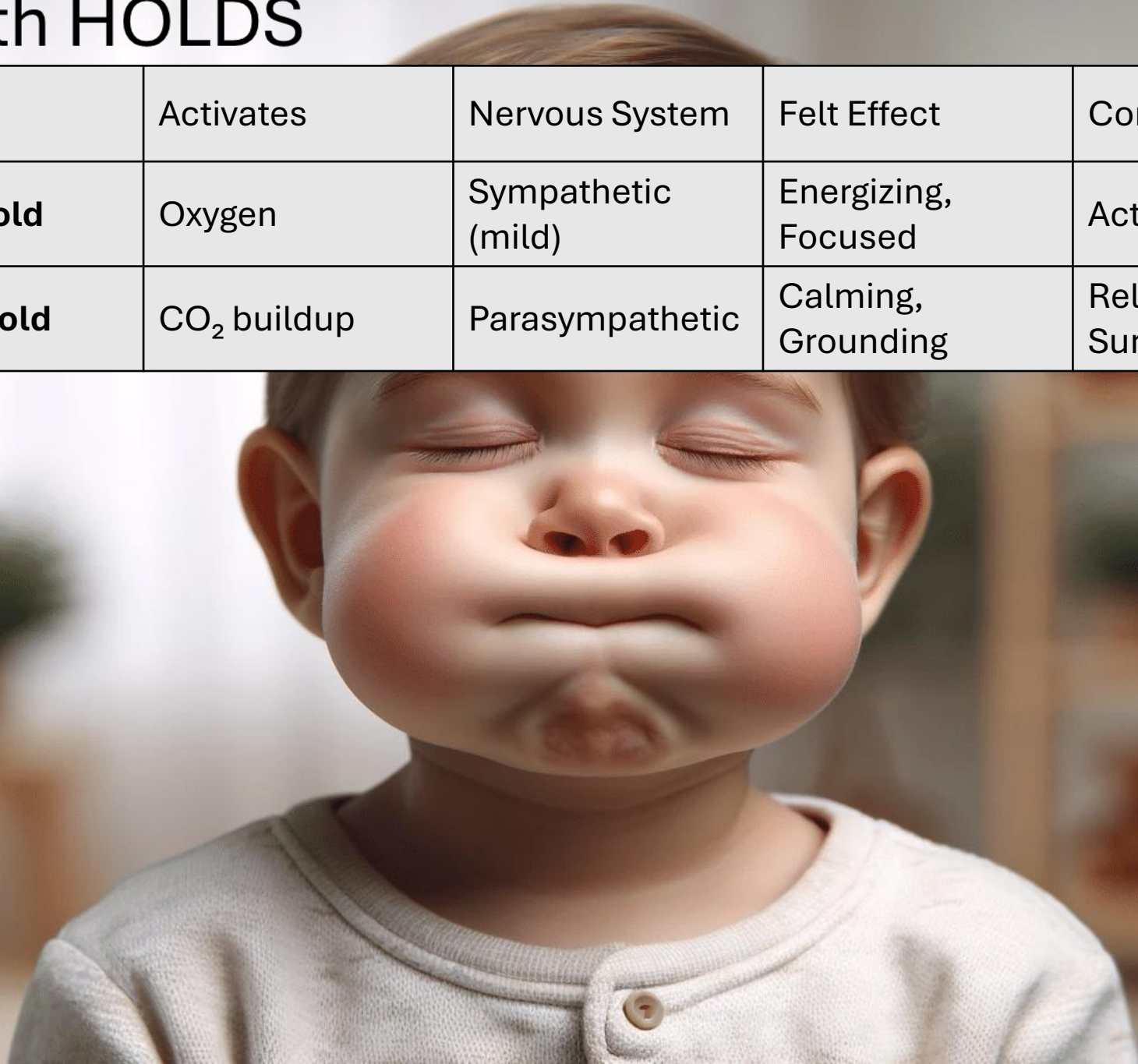
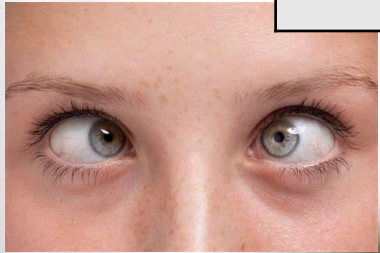
COMFORT
ZONE

LIFE



Breath HOLDS

Type	Activates	Nervous System	Felt Effect	Common Use
Inhale Hold	Oxygen	Sympathetic (mild)	Energizing, Focused	Activation, Power
Exhale Hold	CO ₂ buildup	Parasympathetic	Calming, Grounding	Relaxation, Surrender



Bio-energetic BLOCK





Contra-Indications

Q

Holding Space



8-minute Activation Breathwork Practice

Somatic Breath – Euphoric Breath
(2 step)

2min.30sec. + 60” hold on inhale
2min.30sec. + 75” hold on inhale

Inhale = LOVE
Exhale = Let go



LETTING GO
9D Breathwork Journey





What's Next?

