

## ✧ Figure-8 Fullness Practice ✧

This figure-8 practice is both **grounding** and **protective**. It helps anchor you into your body while surrounding you with a balanced flow of energy, so you feel steady, nourished, and safe.

### 1. Settle

Sit or stand comfortably. Close your eyes (if safe) and bring attention to your breath. Notice that you already feel nourished, whole, and complete.

### 2. Imagine the Infinity Loop

Picture a glowing figure-8 ( $\infty$ ) in front of you — sideways like the infinity symbol. Let it be soft and flowing, like a ribbon of light.

### 3. Embody the Figure-8

Now, imagine the figure-8 gently expanding to encompass your whole body — stretching from the top of your head to the bottom of your feet. As you move through the breathwork, allow yourself to be *inside* the figure-8, surrounded and supported by its flow.

### 4. First Loop — Receiving

Trace the left loop slowly with your breath:

- Inhale as you follow the curve upward, gathering nourishment, joy, and ease.
- Exhale as you follow it downward, letting it settle into your body.

### 5. Second Loop — Giving/Being

Trace the right loop with your breath:

- Inhale as you move upward, filling yourself with gratitude.
- Exhale as you move downward, radiating fullness outward — not forced, just natural overflow.

### 6. Continuous Flow

Keep tracing the figure-8 for 6–8 breaths, noticing the endless exchange: receiving → being → receiving → being. You are complete in both directions.

### 7. Anchor

Place your hand over your heart or belly and affirm silently:

*“I am full. I am nourished. I am complete. I am grounded. I am protected.”*

### 8. Closing Ritual

- Gently shake out your hands and feet, releasing any excess energy.
- Visualize a soft protective light wrapping around your body, like a shield of comfort and safety.
- Carry this sense of fullness and grounding with you into the rest of your day.