

A close-up photograph of a person's hands shaping a light-colored clay bowl on a pottery wheel. The hands are covered in wet clay, and a wooden pottery tool is visible in the left hand. The background is dark and out of focus.

Breathe Deep Within

August/September

2024

The Art of...

*The Art of Health
& Wellness*

breathedeepwithin.com



Welcome BDW FRIENDS

Hello, friends! Welcome back to our health and wellness community. We took a break in the early summer months to relax and enjoy the season, allowing ourselves to refresh and live in the present moment. The present moment invites us to set an intention to be more mindful of how we show up.

There's nothing more exhilarating than living life with intention. It can empower us to be more attentive to our needs with a purpose to improve our quality of life. When we live attentively, our habits, beliefs, and behaviors have a positive effect on our overall health. It's vital for us to stop, take a deep breath, and experience the benefits of living well.

Practicing gratitude daily keeps us in a positive state of wellness. It can be truly uplifting and fulfill our heart's desires.

In traditional Chinese medicine, the heart is considered the focal point for spirit, consciousness, and emotions. It integrates and governs happiness. Living a heart-centered life supports our mental function and spiritual well-being.

The interconnectedness of the heart links the human and celestial body. When both bodies are infused with positive emotions, we become the best versions of ourselves.

Cultivating harmony in our lives through the heart brings all aspects of our lives into alignment. This allows us to embrace the ability to let go and just go with the flow.

In this issue, BDW has combined the months of August and September, featuring the BDW community. We call this edition "*The Art of...*"

Our contributors share how they navigate through different situations and emotions. They take us on a heartfelt journey of finding purpose and creating a meaningful life through stories, beautiful art, nutritious recipes, and a deep understanding of being in the now.

We extend our sincere gratitude to our BDW contributors for their generosity. Thank you, readers, for your support of our mindfulness community.

LaDonna Funderburke, Breathe Deep Within LLC



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BDW COMMUNITY CONTRIBUTORS

AUGUST/SEPTEMBER ISSUE



Sarah Congress



Heidi Connolly



Mary Freerks



**LaDonna
Funderburke**



Gail Gerlitz



**Annette
Jewell-Ceder**



David Kish



Chavah Leah



Shelly Reed



Paula Sampson



Morgan Tomfohr



**Theresa
Thompson-Nix**



Free Meditation Classes

w/ LaDonna Funderburke

Sponsored by the
Community Health Hub &
The Cultural Wellness
Center



Every Monday & Wednesday
at 5 PM (CT)
Saturday 4 PM & 5 PM (CT)



PAULA'S WORD FOR SUMMER



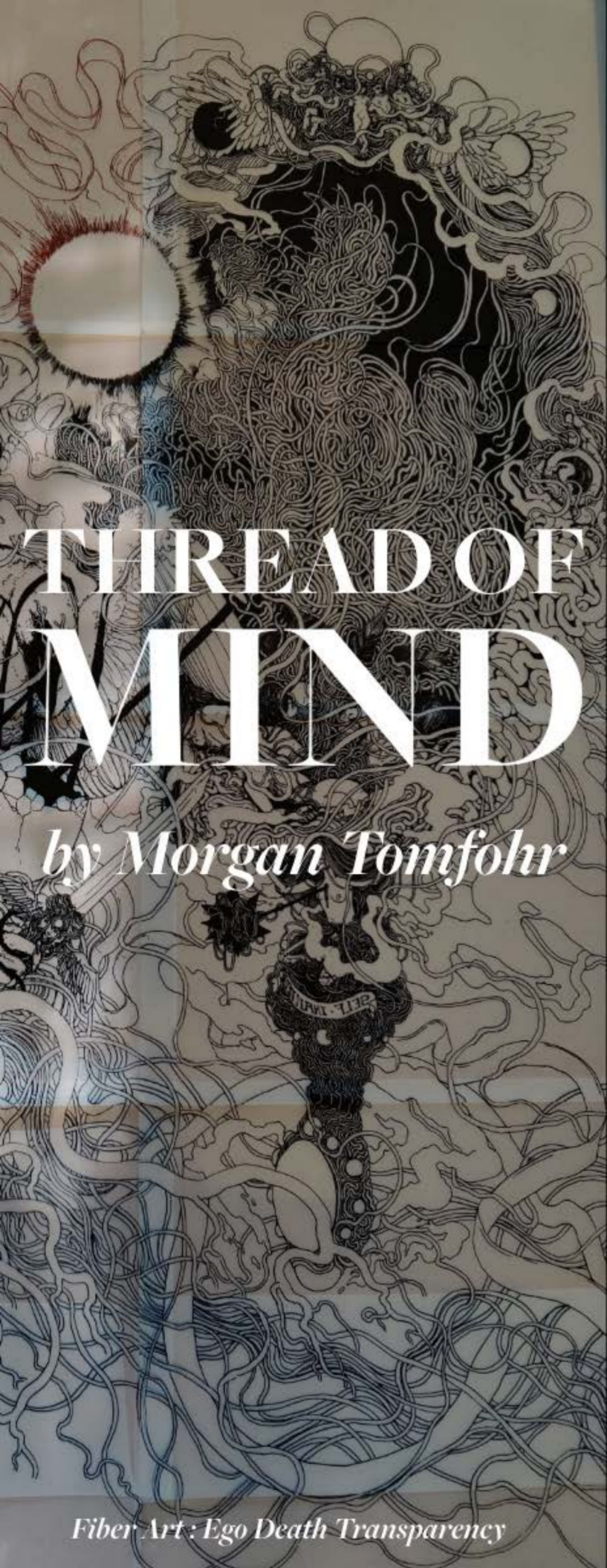
Heart Space: "The emotional and spiritual center where you feel most alive and connected."

Cultivating an open heart.....

I formerly thought of my heart solely as a muscular organ pumping blood that carries oxygen and nutrients to my body. When I began my journey into mindfulness, I became aware that the heart is more than a physical entity. It is an inner sanctuary where my emotions meet my spiritual self and the energy around it can be influenced by my conscious intentions.

Something as simple as mindful breathing creates an area where my heart can open more easily. Beginning my day reflecting on things I am grateful for in my life, is another powerful means to create a portal. I check in with my heart center regularly before making any decisions. I ask myself, "How does this feel in my heart?" This question guides me toward choices that resonate more deeply with my true self.

To love my own heart, a brief exercise is helpful. I place my hand over my heart and silently recite intentional thoughts and self-love affirmations. I then proceed to include love and compassion for others. I discovered a quote by A.W. Tozer that spoke to me. "The widest thing in the universe is not space, it is the potential capacity of the human heart." An open heart space, with its vastness, provides a safe haven for me to be authentically who I am and experience the benefits of connecting on a deeper level. ❤️



THREAD OF MIND

by Morgan Tomfohr

Thread of Mind is a passion project where I fuse my interests in art and slow fashion. I use traditional art techniques like painting and printmaking to give life to secondhand garments. I revive the value of these once-unwanted garments so they can go back into economic circulation. In this way, I use art to offer a practical solution to fashion waste.

Graduating from UC Santa Cruz in 2020, I quickly realized that the world was very different than I had expected it to be after college. Everything can change in an instant. I saw that it was important to have a long-term vision for the future – a more harmonious future that I wanted to help create. How could I use my skills and knowledge to play my part in this future?



Fiber Art: Ego Death Transparency

I've always had an interest in art and fashion. Both are expressions of the true self and its experiences. Art often comes from a very vulnerable internal place, while fashion can be a fun way to dress up the external image of yourself. Fashion sometimes functions as protection against a harsh outside world, while art is a process that seeks to expose the depths of a rich complex inner world. Art is a direct translation of your own perception and experiences. Fashion, through identity, creates experiences by directing outside perceptions. It's a feedback loop. I like to play with this loop by combining the two: in essence, literally wearing your heart on your sleeve.

Through a series of interesting events, Thread of Mind was forged and tempered. My school canceled its screen printing class, so I taught myself instead. I was nearly broke, so I built the screens instead of buying them. I taught myself bleaching, dyeing and other fabric treatment techniques and combined them with my years of sewing experience. Over the past four years of overcoming struggles, I've fine-tuned my craft to offer a variety of art clothing at affordable price points.

Please check out my Instagram [@threadofmind](#) and my website at threadofmind.com for an inside look at my process and products. I hope you find as much value in these pieces as I did in creating them. Let's make conscious choices for a better future.

Consciousness towards unity.



Morgan Tomfohr is a fashion designer, textile artist and creator of Thread of Mind. If you would like to see more of her amazing work visit threadofmind.com

Breathe in Breathe out

1-HOUR PERSONAL MINDSPA SESSION

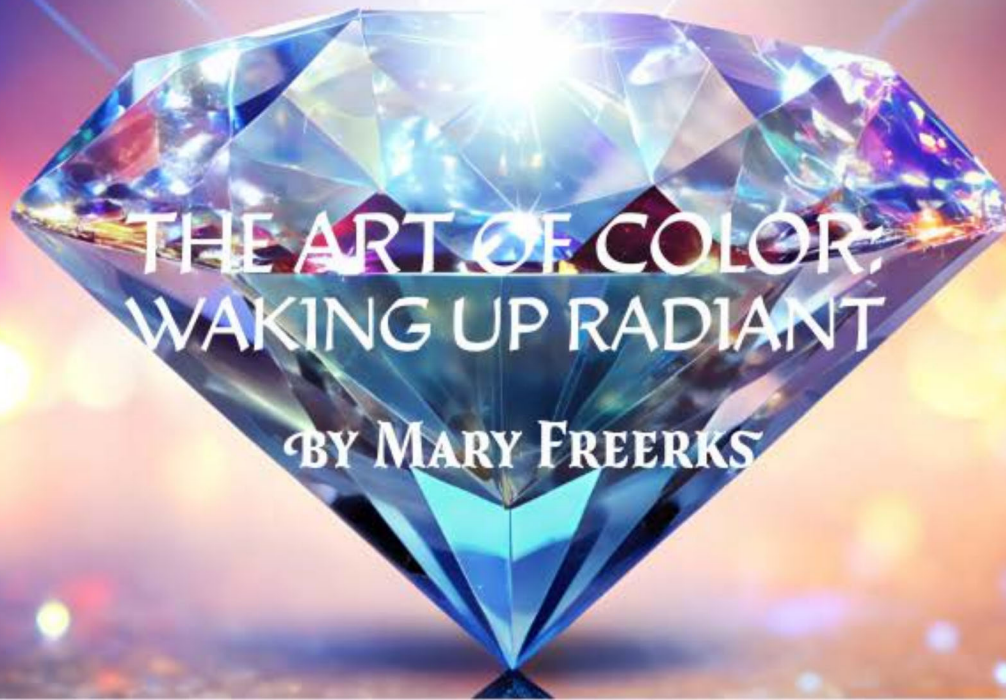


Breathwork

Meditation

Sound Therapy

BREATHEDEEPWITHIN.COM



THE ART OF COLOR, WAKING UP RADIANT

BY MARY FREERKS

When I wake in the morning I don't get of bed right away. I lie there with my eyes closed and I wait. I see geometric ribbons of colorful splashes that are bright and quick. They imbue my day with preparation. When the colors stop splashing it reveals a spinning diamond. I see all facets of thoughts, hopes, prayers, understanding, patience, and projects.

When I look at the imagery, I realize that I have the tools to create. These tools allow me to be mentally present in any situation. Sometimes, situations present multiple dimensions of thought, and that's when I know I need to pay attention. I simply turn to the diamond for insight. This geometric intelligence reveals the true need for self-care, including the act of kindness. Sometimes, I find it easier to treat a stranger or someone close to me better than I treat myself. I need to remember to treat myself with kindness, whether it's wearing my favorite color or avoiding stressful situations.

To shift my mindset, I use color to structure my day. For example, blue helps me feel cool and calm, yellow to brighten my spirit, pink to feel pretty, and green to feel luxurious. Each color serves as an expression of my emotional state.

Color is vibrant and alive. Not only does it awaken my senses, it has many benefits for my health and well-being, including reducing pain, providing mental clarity, dissipating anger, and brightening the atmosphere around me as it reflects love. Color possesses healing properties. Whether it's from a delicious plate of fruits and vegetables to meet my nutritional needs or expressing color with a handful of paints. My world is abundant.

When I gaze at the brilliant prism of hues swirling around in my mind, my eyes are happy and full living in a colorful world. It also allows me to express myself better, improving the way I communicate.

If you would like to experience the illumination and saturation of color, take a moment to lie in bed with your eyes closed, notice the splashes of light and color, and enjoy your mind adventure. You'll find that this happens naturally as you wake up from a dream state. Connecting to your diamond can prepare you for what's to come and also help you to remember your dreams.



Mary Freerks specializes in watercolor painting and textile art. She is a loving wife and mother. She is an active BDW community member.



QUEEN TEA'S LUNAR LIFESTYLE

Hello Friends,

Come relax with me. Grab your journal and a hot cup of tea. It's time to prepare for what's to come in the next plot twist of 2024. Saturn, the planet of lessons, and Mercury, the planet of communication, will be in retrograde in August. We are reflecting, revising, and rewriting our stories from the inside out. We're integrating lessons, drafting confessions, and making concessions.

The new moon in Leo on August 4th brings a quiet but fiery climax that pushes us forward. Those who have integrated lessons during Saturn's arch will step forward with ease. However, those who disregard somatic sensations and fail to follow their inner compass may find themselves repeating lessons for the next six months, culminating in February 12th, 2025 when the moon is full in Leo.

Great insight can be gathered by researching Mar's placement in our birth charts. Mars, the planet of action, desire, and survival, will be in retrograde from December 6th 2024 to February 23rd, 2025. This might be a period of low energy, motivation, and synergy. The preparation we undertake now to invest in generating and harnessing our energy will help us achieve our goals for the first and second quarters of 2025.

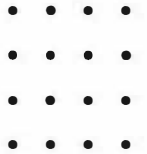
Being in a community where we can create and harvest our energy through breathwork, movement, and mindful meditation is exciting. The synergy created by the Breathe Deep Within group will protect us as we go through changes and plot twists towards the end of the year. Aligning our thoughts, actions, and words will bring flow in times of uncertainty. Remember to take a deep breath and be patient with the process of transformation.

There will be a super blue moon on August 19th in Aquarius. This lunation is known to bring drama. To reacquaint ourselves with the lessons of this luna cycle, we need to go back to the new moon in Aquarius that happened on February 9th, 2024-that's when the new moon was full in Aquarius. Reflect on that period of time to see if anything is ready to be released. Remember, the full moon is for release and the new moon is for realigning our inner compass.

Peace and Light, Queen Tea

FINDING THE VOICE WITHIN

*A Collection of Black Women's
Voices*



**THERESA
THOMPSON
NIX**

Contributing
Author



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AUGUST ARTIST



Shelly Reed

Glass Jellyfish 13" x 13" Fused Glass

The Glass Jellyfish

By Shelly Reed



Artist Shelly Reed

My sister-in-law is an amazing artist. She works in a lot of mediums, but one of my favorites is her glass work. How she creates the artwork is magical to me – it's a combination of artistry and science, since she creates the piece and then has to know how to bake it in the kiln just so, so it comes out how she envisions it instead of just a blob of glass. It's a complex and beautiful process.

I complimented her on a piece that featured jellyfish, and she asked if I wanted to make something. Now I have no experience with this (I'm more of a theater gal), and my ability in art in general is more along the lines of drawing stick people, but of course I had to try, because why not?

She brought out the glass materials to make an underwater scene, most of which she made herself in all kinds of shapes, sizes and colors. We sat across from each other and got to work. She gave me advice but mostly let me experiment with what I thought looked right. Her confidence gave me confidence.

What a blessing to be able to be part of her artistry. In line with this issue's theme, I started thinking how we all have talents and abilities in this life. You may be a pianist, carpenter, fashion designer or painter. Perhaps you sing like a bird or dance like a butterfly. You may write stories or poems that move people. A person can be an artist on the basketball court, in the kitchen or in the office. It is inspirational to see the wondrous talents people have.

But you don't have to be famous or even a master at something to be an artist. You need to recognize there is an ability or talent you love within you ... and then work at it. Does it bring you joy? Does it bring joy to others?

Don't short-change yourself when thinking of your abilities. You may make the best pancakes that anyone has ever tasted. Are you great at telling jokes or making people laugh? Do plants bloom at your fingertips? Maybe you have an uncanny ability to listen to people and make them feel seen. My dad had that.

There is no timetable or limitation to finding your inner artist. You may find one thing at age five, or 50 things over your whole life. Some folks can make a living with their art, but most of us don't. We have a "day job" and do our art when we have time. It helps us stay sane, brings joy to our lives, and helps us remember that the beauty and power of art can be found anywhere, if we only look

Shelly Reed is a member of the BDW Community and Editor of the BDW Publications. She is also a devout member of the Baha'i Faith.

BREATHE IN PEACE... BREATHE OUT LOVE ...

Online Meditation



BREATHEDEEPWITHIN.COM



Breathwork is The Best Work

Pratilom Pranayama or Step Breathing

Pratilom means "against the current" or "breaking the flow" in Sanskrit. This beautiful practice calms the nervous system and strengthens the lungs.

Find a quiet place to relax. Sit comfortably with your spine straight. Take a few slow, deep breaths. To start, breathe in a little, then hold, breathe in a little more, then hold. Do this method 4 counts. Breathe out slowly for 8 counts.

For example:

Breathe in for 1, hold. Breathe in 2, hold. Breathe in 3, hold.
Breathe in 4, hold. Breathe out for 1, 2, 3, 4, 5, 6, 7, 8.

Take your time when practicing this healing breathwork to feel re-energized and refreshed. You can also decrease the number of inhalations and holds to 2 counts and increase them up to 4 counts over time.

SOMETIMES CHALLENGES PROVE TO BE GOOD FOR US

DAVID KISH

I've never liked artistic challenges, I like the freedom to create without pressure. My friend and rug hooking teacher, Cathy Kelly in Tijeras, New Mexico emailed me a photograph of the entrance to a local business she visited. As soon as I saw the photograph I thought the lines and shadows would make a great hooked rug.

I emailed Cathy back and complimented her on the photo and challenged her that we could both make the rug, but not show each other any progress, just the completed rug. I thought it would be fun to see our two versions, and what size and colors we each chose.

Cathy was busy teaching classes and kept the books for a local contractor part-time, so she agreed to the challenge, but with a six month finish time. I was happy with the finish time because it took pressure off me, and I could work on the rug simply when I felt like it. I was really challenged drawing the pattern from the photograph because I don't enjoy drawing, but it came out okay.

Once I got past drawing the pattern, I enjoyed selecting the colors of wool from my stash and running them through my 'fabric strip cutter' to make the 'wool noodles' to hook. While hooking the rug I made a few adjustments to the drawn pattern and could see it needed some dimension.

Since dimension is not something I know how to do I decided that a 3-dimensional shrub would be the answer. That gave me a second challenge of creating a 3-dimensional shrub that looked somewhat realistic, but an enjoyable challenge and got my artistic juices flowing. I loosely hooked a flat shrub and then took some of my various green-tone, 'wool noodles,' cut them to the desired length and hooked them randomly over the shrub.

I wanted there to be a little shine on some areas of the shrub, like sun was hitting some of the cascading leaves, so I added short green velvet noodles to the mix. Once the shrub was complete I took a pair of pinking shears and cut the ends of the noodles to points. I was pleased with the outcome and proud of myself for not only initiating the challenge, but for completing it by the deadline.

Cathy's husband was diagnosed with a serious disease and had to have treatments leading up to a very serious, life-saving operation which saved his life, and he is healthy today. Cathy didn't get to hook her rug, but I finished mine and it was exhibited at Fiber Fiesta at Expo New Mexico 2018. It won no ribbons, but Cathy told me the 3-dimensional shrub got lots of attention. The 14" x 11" Wall Hanging Rug hangs in the hallway in my home.



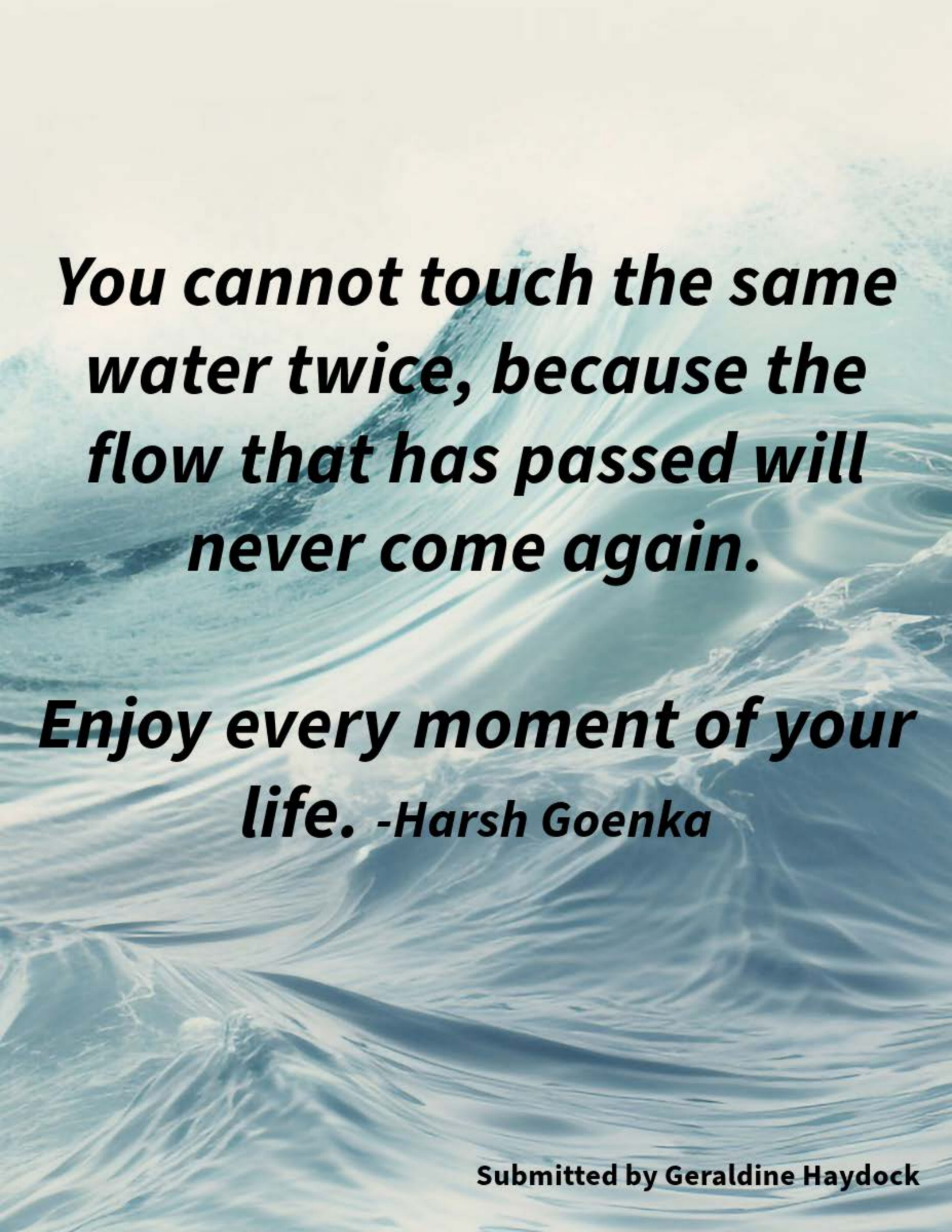
Photo image



14" x 11" Wall Hanging Rug



Healer David Kish is a Fiber Artist living in the Community of Carrizozo, New Mexico USA. To see more of David Kish's work and the work of local Carrizozo Artists, go to Carrizozo Arts or email davidjetea@yahoo.com



***You cannot touch the same
water twice, because the
flow that has passed will
never come again.***

***Enjoy every moment of your
life. -Harsh Goenka***

Submitted by Geraldine Haydock

Mary's All Natural Candy Bar

Here's a simple and healthy sweet treat, often known as nature's candy, packed with essential vitamins and nutrients.

Ingredients

Medjool Pitted Dates

Old Home unsweetened peanut butter

Nuts of your preference (walnuts, pumpkins seeds, or almonds)

1 bar of dark chocolate

Sea Salt

Directions

Slice open the date and fill it with peanut butter, nuts, or your favorite filling. Sprinkle dark chocolate and sea salt on top, or use your toppings of choice and then enjoy!

Get creative! Add your favorite fillings such as almond butter, Parmesan cheese, cherries, blueberries, and apple slices.



Dates are incredibly nutritious, containing a variety of vitamins and minerals. Here are some of the key nutrients found in dates:

- **Potassium:** an important electrolyte that helps regulate blood pressure, alleviate muscle soreness, and support muscle and protein building.
- **Vitamin C and D:** these vitamins nourish the skin, enhance elasticity, and help prevent signs of aging.
- **Vitamin B6:** also known as pyridoxine, this vitamin assists the body in using and storing energy from food and in the formation of hemoglobin.
- **Fiber:** a quarter cup of dates provides 12% of the daily fiber requirement, promoting a feeling of fullness for longer.
- **Folate:** an essential B vitamin during pregnancy that helps prevent birth defects.
- **Iron:** essential for preventing conditions like anemia.
- **Calcium, phosphorus, and magnesium:** beneficial for bone and teeth health.
- **Vitamin A:** protective for the eyes, maintains skin health, and may help prevent cancer in the lungs and mouth.

Dates also contain powerful antioxidants and has anti-inflammatory properties.

Serenity bestows inner peace, tranquility, and calmness of mind.

When you feel serene, you are your own person, for nothing and no one can bother, upset, or influence you.

You are like a calm, clear lake - beautiful and peaceful to be with. Your quiet radiance brings hope and support to those who come within your aura. You attract respect and love from others, for all are calmed by you.

As you become deeply serene and still and connect to the universe's higher powers for divine guidance, your path in life becomes smooth and flowing.

-Anonymous

Serenity

submitted by Gail Gerlitz

SEPTEMBER ARTIST
ANNETTE
JEWELL-CEDER



Bluejay 24" x 24"



Window Blues 14" x 14"



Clyde 12" x 12"



**Butterflies and Flowers
24" x 14"**

Victorian 14" x 8"



Annette Jewell-Ceder started creating stained glass art 40 years ago in Minneapolis. She has created a variety of different subjects over the years. Since retiring, she began creating commissioned work. It's also a very pleasurable hobby that she does for fun. Working with stained glass brings her ongoing learning and joy.



The Art of Listening

Annette Jewell-Ceder

All aspects or processes of living should be seen as Art-Full opportunities. We often think of “art” as something talented people are born with, and something that usually manifests in forms such as visual (painting, sculpture, architecture...), performance (theater, music, dance...), literature, film, and various crafts. I believe that listening can also be an art.

Some years ago, probably in a communications class, I learned about “active” listening. This concept is familiar to most people. It involves giving your complete attention to someone who is speaking: avoiding distractions, not interrupting, not “multi-tasking,” and asking clarifying questions to confirm you understand. These are valuable components of artful listening.

I believe REAL listening truly is an art, and that practice is key to attaining the Art-Full quality. It can be quite a challenge to really listen. I often find it tempting to start analyzing and framing a response before I’ve really heard everything the person has to say. This can be especially challenging in a group or work setting. Practice is essential to engraining real listening.

I also believe that real listening to others is basic to the Art of Conversation (a seemingly rare social art much of the time) . If an individual is truly listening to another, the listener is not actively thinking, but is engaged in active, receptive attention to hearing the other person. The Art of Listening also involves providing some level of evidence where you convey, via your words, that you have understood what the other has said. This approach demonstrates caring and respect.

I have also come to understand that the art of listening applies not only to listening to other people, but can be applied to all life and, very importantly, to my Higher Self -my Source-what I think of as my Superconscious. I've found this to be especially true when I've been struggling with a complex problem. The first step is to consciously analyze, consider, and contemplate the problem in detail. Sometimes the answer or solution arises quickly, but sometimes it seems insurmountable. I have found that if, after completing my conscious work, I "let go" and quiet my mind, practice deep breathing techniques, and allow myself to get into a meditative state, my "inner voice" speaks. It may not happen at that moment, but this step of turning it over to my Source/Superconscious will bring me the answer or solution I need. I just have to listen.

The Art of Listening is an important part of living an Art-Full life. It takes practice, but is worth the effort!



Stained glass Art , Victorian 1
by Annette Jewell-Ceder



Annette Jewell-Ceder joined the BDW community in Autumn 2022. She enjoys a variety of outdoor activities, time with family and friends, creating stained glass artworks, gardening, cooking, reading, and writing.

David's Fresh Vegetable Salsa

Here's a simple summer salsa recipe that's delicious and healthy!

Ingredients

1 large tomato
3 green onions
1 medium carrot
1 celery stalk

Directions

Coarsely chop the above ingredients and place in a food processor and pulse lightly, or chop confetti size pieces by hand and mix together in a bowl. Add salt to taste.

For more moisture, add a tablespoon of canola oil or your favorite oil.

Optional-just before serving, add chopped cilantro.

Serve the salsa with warm corn tortilla wedges or chips. Use it to make great lettuce wrap and burrito fillings, and it would be delicious served over cooked brown rice, warm or cold.

THE ART OF GRATITUDE AND THE LANGUAGE OF G.R.O.W

by Chavah Leah

Having and conveying gratitude is an art. It is an art that can be learned, practiced and a source of everlasting joy. Integrating gratitude into everyday circumstances is a skill that will create a life of joy. We can trust that all people and experiences are in our lives for a purpose. Sometimes people and events bring us pleasure and happiness and sometimes people and events cause hardship, grief and anger.

To be a person in the process of self-awareness, the GROW language allows us to appreciate and learn from all life presents to us.

G - Gratitude
R - Recognition
O - Oneness
W - Wish

I am *GRATEFUL* to LaDonna and the breath awareness she is helping me to achieve.

I *RECOGNIZE* my breath is my truth teller. Acknowledging my breath allows me to self regulate and take responsibility for the bodily responses which alter my breathing and state of mind.

In *ONENESS* with Source I am grateful for the universal connection Breath is Life...

I *WISH* in oneness with humanity that we all accept each other as equal breathing beings.

There is always a lesson to learn from all we are confronted with. Family, friends, jobs, health etc... Life is a challenge we need to embrace with *GRATITUDE*. Everything is meant to *GROW*.

Blessings,
Chavah Leah

Chavah Leah is a retired teacher, religious leader, and entrepreneur. She has experienced a lifetime of personal growth due to her mother's spiritual journey of the 60s and 70s.

Nechama Laber is the creator of the GROW method. She runs adult and family retreats as well as a summer camp for girls. She has authored 11 books.

<https://growconnectionnetwork.com/store/GROW-Connection-Network-c137014524>

BEING IN THE PRESENT MOMENT CAN BE HARD



Rather than sitting in stillness (which again – so hard), isn't it so much easier to get swept up in the currents of fear, self-doubt, worry, and insecurity? My mind LOVES to sit in self-doubt. Begs for it all day long. "Sarah," it beckons, "stop paying attention to the beautiful sky and water on your walk to the PATH train. Instead focus on something useful. Like FEAR of the future! Use your commute time more wisely—instead focus on fortune telling worst-case-scenarios!"

What can we do? We're human. But hey...we're also human. That means we have the capacity to change our habits.

I'm writing this at 9 a.m. on a Saturday at my desk on the shore. Next to me is a cup of hot water with lemon and a bag of my favorite flavor of LifeSavers mints. In about half an hour, I'll walk down the boardwalk and go to Vinyasa yoga. It's windy but that won't stop the dogs from running up and down the sand dipping their feet in the waves. People will wave and smile their relaxed "Saturday," smiles and for just a moment, we'll all forget that a world outside of this beautiful beach town exists.

So when I do worry—about work, money, romance (or lack thereof) or what the planet will look like in the future, thanks to the BDW community and the teachings of Buddhism, I can try to be still.

What happens when we're still?

We're present. We can let go of the heaviness in our shoulders. We can observe. We can relax...and the funny thing is, this trick was within us all along-the art of being present. All we had to do was be still. For just a moment. Be still.

Funny thing.



Sarah Congress is an award-winning playwright and screenwriter. She co-wrote the screenplay "I Can't Hear You," which won BEST COMEDY in the 2024 Jersey Shore Film Festival and 2nd place in the APin3 Film Challenge in Asbury Park. She works as a writing coach and teaches playwrighting - [learn more about Sarah here.](#)



THE ART OF ALIGNMENT

by Heídí Connolly

I talk a lot about alignment because when I'm in alignment, things transmute and transform in me and around me. When I'm in the vibration of alignment, I know what I know, what I feel, and what it means. When I'm out of alignment, I feel overwhelmed by all that I don't know, confused by how I feel, and sure that all truth and meaning have flown out the window, leaving me grasping for some sort of anchor to magically appear.

For a long time, I heard people talking about "getting in your body," and had no idea what they meant.

I have clients whose bodies are in terrible pain, yet constantly reiterate how they have no idea how to feel sensations inside their body. When asked to identify how or where an emotion shows up in their body, they say they feel a numbness or nothing at all...only pain.

Recently, I've come to realize how powerful these statements of apparent disconnect are. Because, in reality, there is no disconnect. In essence, since all emotion is really Energy-in-Motion (e-motion), and all pain is actually resistance to our higher, authentic self, bodily pain steps in—in the loudest possible way—to inform us that we do know how to be in there; that is, inside our human suits. First, we do know what it feels like; it's just that being inside ourselves can become so painful we don't want to be there, and second, we have a belief that emotions are separate from bodily sensations when, in fact, bodily sensations are simply out-of-alignment, energy-in-motion that does not know where to go and knows no way to resolve. We call it illness, diagnose the illness as chronic...and then stop there.

When you're a HyPerceptive™ (a Highly Sensitive Person who stops viewing "sensitivity" as a weakness or emotionally lacking state of being and instead identifying with it as the brilliant gift it can be), it's natural for the body to manifest symptomatically all those E-Motions you've tried to curtail. We have grown to accept our discomfort as an assigned state of being, one that doesn't allow us to express our deepest, truest identity. We learn that shutting down our vibrant, sovereign, self (out of fear, need to control, overwhelm, anxiety, etc.) is the only way to survive. Not that repressing/suppressing the way we feel emotionally works in the long run-or even the short run-because shutting down energy-in-motion is impossible. It is always there, in some form, taking shape and having an effect on the person producing it.

When we begin to understand emotions, sensations, even the words we speak, as the true harbingers of Energy-in-Motion that they are, we become instantly and consciously aware of the vibration to which we are choosing to tune our channel of being. And being in alignment means breathing into, tuning to, that highest vibration, the one of your highest and best self.

So, next time you experience a reaction or an emotion, instead of labeling it anger or fear or sadness, label it Energy-in-Motion. Instead of looking for an external reason for why you feel what you feel emotionally, tune into the vibration of the energy behind that emotion...and see where it takes you.

Aligning with the beauty of the highest self is an art form that I call the Art of Alignment.



Heidi Connolly is an author, intuitive medium, and musician with books like *Crossing the Rubicon* and *The Gateway Café*. Her work with *Highly Sensitive People* focuses on helping them develop their gifts, and her flute recordings are known for their healing frequencies. Connect with Heidi at heidiconnolly.com.

Breathe Deep Within

Make yourself a priority and indulge in a 1-Hour mindspa of self-care online and in person.

Mindful Meditation: Experience the power of mindfulness through guided meditation for mental clarity, stress reduction, and inner peace.

Breathwork: Improve your quality of breath with healing breathwork. Stimulate your nervous system to calm your mind and body.

Sound Therapy: Immerse in the tonal vibrations of sound therapy to synchronize brainwaves and restore balance.

Health Benefits: Regular meditation offers numerous health benefits, including increased circulation, immune system function, improved mood, mental clarity, productivity and creativity, better sleep, cognitive skills, focus and concentration, and more.

Workplace Wellness: Create a supportive and healthy office environment with mindfulness to achieve work-life balance.

BREATHE IN PEACE... BREATHE OUT LOVE...



Nurture Your Body, Mind, and Spirit

Register Today!
breathedeepwithin.com
651-294-6678



The ART of... Affirmations

I am aligned with my life's purpose and my heart's desire.

I live my life with authenticity.

I live a creative life filled with passion and purpose.

I love to express myself.

I love myself just as I am.

My health and wellness is my top priority.

Every day I strive to be the best version of me.

I honor my inner knowing and trust my path.

I release all things that do not serve my highest good.

I worry less and trust more.

I use my energy to trust, believe, and have faith.

I have a healthy body, a brilliant mind, and a tranquil spirit.

I take the time to connect with my true self.

The art of being who I am gives me inner peace and joy.

My heart is open, loving, and pure.

Every cell in my body is vibrating at the same frequency of love.

I love fully the strong, powerful, and divine-human staring back at me in the mirror.

Today is a great day to try something new.

I accept change and I love who I am becoming.

I am fearless in living an authentic life.

I wake each day with gratitude and joy.

The essence of who I am serves as my foundation for living a life of abundance.



Breathe Deep Within promotes self-love, deep inner healing, and harmonious connections. Our mission is to create a safe, loving space for each individual to flourish in ways that foster personal growth on their path to self-discovery.

We aim to build a healthy mindfulness community by extending goodwill to each other with open hearts. This platform serves as a tranquil online sanctuary where you can simply take a deep breath and be present. Consider this community as your mind spa.

Peace be with you.