

True Nature Breathwork: Easy Version

This is a series of breaths which recall emotional memory, using one base breath (sea breath) and three additional breath methods if needed. If and when your kundalini starts coming up, great. Just carry on doing the protocol as normal. This will happen multiple times. Just focus on your breathing. And continue to do nice things for yourself in between breaths- nature, sound, light, exercise.

[True Nature Breathwork Videos- If Needed](#)

[True Nature Breathwork Playlist](#)

Sea Breath: The Foundational Breath To Be Used Always

Sea Breath is a slow, steady, straight breath into the back of the throat, and steadily breathed out straight in front, while the body is soft, relaxed and still. You can keep your eyes open. You can alternate between breathing through mouth or nose. Most people lie down, but it's not necessary. Reducing distractions is very important. That includes distractions formed by the mind- focus on the sensations and the breaths. Nothing else matters.

What matters is the steady, slow, consistent breath, whilst a tension or discomfort starts to build from up the middle of the body, and continuing to RELAX, and SOFTEN, and breathe steadily and slow, no matter how uncomfortable. Imagine the infinity symbol being drawn by your breath, or imagine a wave on the shore, consistently and in an unbreaking rhythm, going in long, and long out. Very simple. The trick is to keep relaxing, keep focusing on the breath, no matter how uncomfortable the body gets.

Practice this for twenty minutes a day, every day, no matter what. And spend **two weeks doing it** before moving on to the protocol.

THE NEXT TWO BREATHS ARE FOR SUPPORTING YOU WHEN NEEDED. Not necessary unless struggling to release emotions or tension during the other breath practices.

Love Needle Breath- use when feel numb or tight during protocol

When a tight, numb or painful knot of emotion appears in your body, breathe upwards like a straw into your head, a loving compliment to yourself. Then breathe down and into that knot (imagining this) until it softens. Repeat until the numb, cold or tight emotional block releases.

Bullet Breath- use to break up pressure points in small spaces

A shorter, faster version of Sea Breath where you visualise pointing the straight line of the breath into parts of the face and head, playing with directions. Your tongue moves a bit here, you'll understand once you start. It's needed for only the first two breaths really.

Snooker Cue Breath- use to break up big pressure points or blocks

A longer, harder version of Sea Breath. Can be pointed at or through parts of the body needing a bit more pressure to relieve emotional tension or buildup.

True Nature Breathwork Protocol

Complete each of the following breaths once.

Complete one or two of them a week, and sea breath every single other day for at least twenty minutes.

Will take a year if done well.

1. Healing Original Separation- 2 hours

Spend two hours doing Sea Breath, whilst calling up the memory of DISGUST AND HORROR at a parent. Your earliest memory of this conflicting feeling is enough. If your chest gets tight, do Love Needle breath into the centre of the heart. It is an extremely painful breath, any numb areas or sense of tightening needs relaxed and breathed deeply into.

2. Healing Attachment Breath- 2 hours

Do an hour of Sea Breath whilst feeling fear related to perceived abandonment or betrayal. In the centre of the heart. Just the memory of this emotion will be enough. Stay with it until it feels like it's released. Use bullet breath and snooker cue breath to focus on the painful tightening in the centre of the chest. It'll feel like you've punctured a hole through the fear in the chest.

The pressure will rise up into the head, and use bullet breath to break the tension around the back of the eyes, between the eyes and around the mouth and throat.

3. Healing Addiction Protocol- 4 to 5 hours

Call up feelings of extreme fear and abandonment during sea breath (as if it has just happened) and focus on where it is in the body – usually lungs. Imagine being abandoned in the cot as a baby. Stay with it for four to five hours, feels like a screaming fear, shock and shame inside the chest. Then keep relaxing, breathing thorough it. Eventually stop, have a warm dark bath, relax and cradle the body in the warm water. Then take mullein and chlorophyll drops for at least two weeks. Do not smoke, drink or take any stimulants you may be addicted to.

4. True Love Healing Breath- 2 hours

During Sea Breath, call up memories of feeling disgust, discomfort or unease around a parent regarding the subject of sex. As if 'violated' on some level or exposed to something too early. Stay with it for two hours.

5. Truth Bomb Breath- 30 mins

Doing sea breath, recall a conflict. Then whilst breathing in intensely until all your lungs are full, imagine telling that person exactly how you feel. Visualise it and as you visualise, release the breath from the lungs. As you inhale, expose your feelings and your heart completely to them. Repeat as necessary.

6. Tribal Blast Breath/Bigot's Breath- 2 hours

Whilst doing sea breath, recall being judged or rejected by a parent. Go through all the instances and call them up, breathing and relaxing through them. Keep your breath even and steady. Then recall all instances of when you rejected a parent or judged them, and all the emotions felt which caused the judgements made about them.

7. Tight Belly Breath – twenty to thirty minutes

Call up a memory of being really ashamed or exposed. It has anger in it. Feel how the stomach tightens. Breathe Sea Breath firmly through the stomach, relaxing all the while. Great for slowing down meltdowns for neurodivergents.

8. Savasana/Fake Death Breath- As long as needed

Lie down and be extremely still. Breathe sea breath and recall feeling overstimulated, like there's too much to process/sensory overwhelm but you CAN'T move. You have to stay with the extreme discomfort. For me, I imagine too much noise and being unable to get away from it, and my skin feeling like it's crawling. Keep doing Sea Breath completely still, as if you are dead. As long as needed.

9. Star Breath- 30 mins or longer

Do Sea Breath and recall the feeling of being misunderstood or dismissed for reasons that are unfair to you. The feeling of not being 'seen'. Stay with it as long as needed.

10. Fibonacci Breath- One to Two Hours

Do Sea Breath and recall the feeling of being unable to make perfect something you're very fixated on. Feeling in the thymus area/clavicle. The anxiety, frustration and tension of unresolved perfectionism.

11. Mirror Breath- One Hour

Do Sea Breath and recall the groaning, deep sense of shame or embarrassment felt about a breakup. Go through all the breakups if necessary, especially if you felt unfairly judged or rejected.

12. Black Widow Breath- Two Hours

Do Sea Breath and recall the creeping, horrible sensation of being gaslit, trapped or humiliated by a very sneaky and toxic female in your life. The feeling of someone trying to sabotage or humiliate you in covert ways- stay with the shock, disgust and confusion as long as possible.

13. Lotus Breath- One Hour

Do Sea Breath and place your hand on your genitals. And breathe very soft, very slow, into the area with great love, as if healing and connecting with a loved child. Tenderness, acceptance, presence, unconditional love, using touch. Keep breathing through it. DO WATERLILY BREATH RIGHT NOW BELOW.

14. Waterlily Breath

Breathe up from the vulva or phallus up into the heart, into the third eye, and up through the crown, and breathe all the love and acceptance up through the body to Heaven. Allow the light of heaven and the love of the root chakra light up and expand the rest of the chakras but especially the heart, the root and the third eye and the crown. Imagine the root, the heart and third eye and crown opening like flowers as you keep breathing this energy up through you from the base of the body/genitals.

15. Angel Breath & 16. Sun Breath

In the midst of sea breath when you feel exhausted by emotion, say 'I Belong To God/Universe/Source/Heaven. Continue releasing. This can be repeated in the middle of other breaths.

Then for Sun Breath, breathe into the pelvic floor and sacral chakra, imagining a total and complete softening of that entire sacral area. Keep doing it and repeat when necessary when experiencing fear around money, finances and abundance. Lack thoughts etc.

17. Symphony Breath- 30 mins

Focusing on the bridge of the nose and feelings of insecurity, antsy and unsettled emotion and pressure behind the eyes. Continue until there is relief of a 'symphony' of uncomfortable emotion. Tiny snooker cue or bullet breath practice will relieve the 'knot' of pressure behind the eyes.

18. In Your Face Breath- One Hour

Doing sea breath, recall the shock, disappointment and resignation of being unfairly judged by someone you trusted. Stay with it until it releases. Common for neurodivergents- often perceived as rude or harmful when they are not.

19. Forget Me Not Breath- Twenty to Thirty Minutes

Whilst doing sea breath, call up feelings of being forgotten. Shows up in the eyes. Allow the body to recognise and feel how important it is to be allowed to feel sad about this. The emotion called 'grieliel' will be experienced- which is a mix of grief and relief behind and around the eyes. Shorten the breaths and relax all the eyes and eye sockets.

20. Injustice Breath- 2 to 5 hours

Doing sea breath, recall memories of narcissistic or extreme abuse. Continue softening, relaxing and allowing the emotions to be felt. The whole chest should open up for deeper releasing for a few days. Don't rush to do anymore breathing after this one, give it time.

21. Golden Pillar Breath- 1 hour

Whilst doing sea breath, recall and focus on rage in the solar plexus chakra (stomach below lungs) and stay with it until you feel a release. Some people see or feel a 'pillar of golden light' rising up and wrapping round the other chakras above, as if cleansing them.

22. Clover Breath- 30 mins to an hour

Whilst doing sea breath, focus on your throat and recall memories or experience of being unable to speak up or feeling like you can't express yourself. The tension- stay with it until you feel a release.

23. Ick Breath- One Hour

Recall feelings of feeling 'the ick' or lost attraction for someone you had feelings of attraction for. Stay with it until there is relief.

24. OM Breath- One Hour

Whilst doing sea breath, lead yourself through exploration of your genitals and erogenous zones. It is helpful for healing to 'finish'.

25. Lemon Breath- Thirty minutes to an hour

Feel into the fear of becoming like our most critical parent. Stay with it whilst doing sea breath. And then call up your feelings of restlessness and self judgement for not completing tasks you have to do (executive dysfunction/burnout thought pattern). Soften, send love into your body and give yourself permission to REST and SLOW DOWN. Stay with it until the shame and guilt has completely been loved away.

26. Detachment Breath- One Hour

During Sea Breath, call up the discomfort of feeling worry, concern and responsibility for a parent (parentified child). Should resolve compassion fatigue.

27. Red Alert Breath- One Hour

Whilst doing sea breath, call up the feeling of fear regarding money, security and safety. Stay with it until it releases.

28. Blessing Breath- One Hour

Place both hands on the genitals, and recall the memory of being exposed, misused humiliated or violated by another adult in that area. Ten-fifteen minutes of long, slow sea breath first, and stay with it until there is relief.

29. Boo Hoo Breath- One Hour/More If Needed

Whilst doing sea breath, access the defiant, strong part of us that has to fight through life. Think of something threatening, and breathe through your response, staying with it and feel into the root chakra (base of the abdomen) until you feel the deep, deep sadness and cry for help underneath it. Sentimentality lies on top of it. Stay with it until that comes off. And indulge deeply the sadness, victimhood, self pity and sentimentality.

30. Sincerity Breath- One Hour

Whilst doing Sea Breath, recall a memory where you got the wrong idea about someone's feelings about you, and either overshared, or were too open about your feelings. Recall the embarrassment and horror of 'misreading the situation.' Stay with it until it releases.

31. Dream Breath- One Hour

Whilst doing Sea Breath, visualise and open your heart to your highest dream: the one thing you want more than anything in the world, and the belief and certainty that it will happen. Completely

immerse yourself in this thing- it can be anything. Stay there as long as it takes to completely fill you.

32. Excalibur Breath- One Hour

Whilst doing sea breath, recall feelings of extreme jealousy (sexual and emotional rejection or dismissal as well). The feeling of being 'not enough' and not important to someone you are deeply attached to. Stay with it until there's a release.

33. Teardrop Breath- One Hour

Whilst doing Sea Breath, focus on feelings of deep sadness and ordinariness, feelings of being unimportant and accepting your unimportance. Loneliness, unrequited love, sadness in its pure form under the bridge of the nose. Stay with it until you cry properly or at least feel relief.

34. Accountability Breath- One Hour

Whilst doing Sea Breath, focus on the feeling of guilt which is primarily in the throat- creates dissociation and panic attacks. It's the kind of guilt which is disappointment with the self, the shameful feelings of emotional overwhelm and the weakness within that. Causes the spirit to 'flee.' Stay with the guilt to help us embody and strengthen our sense of presence and accountability in the world.

35. Hierarchy/Harmony Breath- One Hour

Whilst doing Sea Breath, recall feelings of being belittled, demeaned, judged or diminished by a man (as a woman) for not being his mother, girlfriend or sexual object. Sexism is caused by uncontained sexual energy being unconsciously projected onto a woman. He assigns us a role

because he can't control himself. A feeling of being degraded, disgusted, suppressed and resentful. And anxiety if feeling like equality is not possible. Stay with it until it releases.

36. Left Out Breath- One Hour

Whilst doing Sea Breath, recall the memory of being left out, excluded, not wanted. Stay with it until it releases.

37. Freedom Breath- For Edginess, About to freak out

Breathing snooker cue right through the centre of the eyes right before you snap, shout, break something (the edge of a meltdown or overwhelm). Stay with it until the inhale sweeps across the back of the eyeballs and drops into the lungs. Continue breathing this way until it opens the body and grounds you.

38. Persecution Breath- One Hour

Whilst doing Sea Breath, focus on and feel out the feeling of striving, trying, out of despair, desperation and exhaustion. The feeling of being stretched beyond your limit and getting anxiety about losing control. Stay with it until it releases from the centre of the chest.

39. Burning Spiral Breath- One Hour

Whilst doing Sea Breath, sit with and feel out the feeling of brokenheartedness, disappointment, being set adrift or abandonment. Lost purpose, lost direction, lost hope. It comes from the solar plexus and spirals up into the throat if you stay with it. It's the fear of abandonment.

40. Dragon Breath- One Hour

Whilst doing Sea Breath, stay with a feeling of intense rage and anger moving out of the root chakra up to the head. It's a speedy energy coming up in force, but we breathe it down into and through the heart.

41. Protection Breath- One Hour

Whilst doing Sea Breath, focus on the justified anger of being darkly and intensely angry about harm or potential harm caused to children or vulnerable individuals/creatures. Stay with it until the deep, dark murderous feelings are released. Ancestral, so will need deep presence. Relax throughout. Root chakra.

42. Invalidation Breath- One Hour

Whilst doing Sea Breath, focus on the urgent sense of indignation and anger about not being apologised to, or being invalidated after injustice, betrayal or harm. Worse if repeated constantly. Intentional harm not acknowledged and the pressure of being unable to respond back. Stay with it until release.

43. Don't You Know Who I Am? Breath- One Hour

Whilst doing Sea Breath, recall being insulted or disrespected by someone that we perceive as inferior to us. Ugly energy and needs time to come up. Stay with it. Breaks up arrogance and self importance.

44. The Breath of Everything- One Hour

Whilst doing Sea Breath, recall fear of conflict, failure, future shame, being wrong, winning, losing, etc, all future-based fear. Stay with it until there is a release. Should feel it in the root and up into the head. Use snooker cue and bullet breath if necessary.

45. Rock Bottom Breath- One Hour

Whilst doing Sea Breath, focus on resentment, bitterness, grief, sadness- was lying all underneath fear. Constant quelling sadness and grief from the heart. Powerlessness- basically rock bottom. Stay with it until release and get out in nature every day to ease.

46. The Angel's Walk- However Long Is Needed.

A process for authentic forgiveness. Whilst in Sea Breath, allow and validate your feelings about being hurt. Then bring close the other person who has hurt you most, and draw them close to

your heart, accepting them fully. Its about bringing to consciousness cognitive compassion and letting your real feelings come up instead. Then move on.

47. Fleur's Breath- One Hour

Whilst doing Sea Breath, focus on your MOTHER and call her in front of you 'The way the mother loves, is the way we internally love ourselves.' Keep the heart open, as if showing yourself to your mother. The emotions that come up will settle if you stay with them. Stay open. It is a portal to unconditional love, and a gateway to the Divine Mother. Play 'Peia, Let The Water Wash Over Me' as you do this.

48. Unity Breaths- One Hour/More

Whilst doing Sea Breath, focus on how you behave differently to your true feelings in order to receive validation, protection and support from men. It's internalised feminine misogyny against the self. Call up the feelings of sadness, frustration and anger towards men. For men, recognise the performance you play to get validation and power from women. Access the resentment for women and anger with them for the power they have over you, and for not giving you what you want from them. Stay with it until there is relief.

49. Rest Breath- One Hour

Whilst doing Sea Breath, recall the feelings of unrest, creeped out, self-loathing and discomfort across the whole of the body and nervous system, which was activated early in life due to crossed body boundaries/violation early in sexual life experiences. This 'unrest' dictates our sexual behaviour- the root of prudishness and the root of promiscuous behaviour. It lies over our need for touch and affection, and blocks our ability to feel satisfaction because it triggers the 'whole body unrest'. Using sex to soothe, or rejecting sex to soothe. A lack of consent when being objectified and a lack of consent with being sexually violated. Stay with it until the whole body settles down.

50. Volcano Breath- One Hour

Whilst doing sea breath, call up to consciousness the urgent need for physical contact or sexual satisfaction externally. Stay with it until the body settles. There's a feeling of yearning for love underneath- playing a love song will help. It reveals the true call for love underneath or deep intimacy with another person.

51. Fog Breath- One Hour

Whilst doing Sea Breath, call up feelings of distraught, absolute despair and hopelessness. Stay with it until there is a release in the centre of the heart. DO all NECESSARY to create peace and harmony within afterwards. Self care needed.

52. Heaven Breath- One Hour

Whilst doing Sea Breath, recall your greatest source of shame or guilt for decisions made in desperate times- 'between a rock and a hard place.'

53. Leviathan Breath- One Hour

Whilst doing Sea Breath, recall feelings of failing to be perfect, to be enough, to do anything right. And that being observed by others. Pride and vanity collapse.

54. The Breath Of Absolute Lies- One Hour

Whilst doing breathwork, focus on feelings of incredulousness and shock that your life to date has been full of illusions and lies. And you have been unconsciously performing at a life that isn't actually yours.

55. Fear Of Attack Breath- One Hour

Whilst doing Sea Breath, call up the one type of person who threatens your safety the most. Fear of attack. Stay with it until it releases- something we have been terrified of all your life.

56. The Shift- Releasing Fear of Being Seen As Crazy

This prepares you for multidimensionality- call up during sea breath all memories of being diminished, disrespected and misunderstood. Not being heard, and not being believed. No longer clinging to the frustration and projections of the other. Frees our own truth. Stay with it until all memory is freed.

57. Ordinary Breath- One Hour

Whilst doing Sea Breath, recognise that your awakening doesn't make you special. And you should not, cannot, and will not be permitted to treat yourself as special because of your awakening. In fact, the rest of the time will not be about you.

The Final Phase

You will continue to be tested by life and your principles- learnt through the breathwork- need to be applied through trying times. A knowing and guiding system will emerge that has no words. Keep your heart open, stay grounded, and choose from your heart and let your mistakes be your greatest and most valuable teachers.

We are here to love, both ourselves and each other.

That's it.

Good luck!

