

TRUE NATURE: THE SELF HEALING MANUAL

For Reverse Engineering Yourself Back To Your True Nature.

By Seanin Friel, True Nature Transformation Mentor

Link to Interview With Seanin: [Conversation About True Nature](#)

Core Principles Of Breathwork:
[Core Principles Of The Breathwork](#)

Foreword

Thanks Dr Joseph Delaney for being the man who taught me everything I know, so I could be guided out of hell, and into hope and healing. He deserves an honorary mention.

Introduction.

Here is a breathwork protocol that will heal everything in you, remove unwanted situations from your life, and return you to your true nature.

All the breaths- fifty seven in total- are listed at the end of this document. Please make a copy of this for your own use.

By completing the True Nature protocol, you are reverse engineering yourself back to your true nature, through a series of breath practices.

Consciousness is a BIOLOGICALLY engendered experience. The 'mind' is not what creates change- the conscious release of emotions does. No thinking is required, only observing and feeling.

You don't need anything else.

Each video is ten minutes long. And the steps are super simple.

You only need to feel deeply- as instructed- to completely change you and your entire reality ***no matter what you're facing.***

Why Do I Need To Do It?

Completing the Breathwork protocol will heal anxiety, depression, mental illness, health issues, chronic pain, personality problems, attachment issues, relationship problems, low self esteem and addiction. It will also give you abilities, love, peace and freedom beyond what can be explained here.

We were born perfect, in our own perfect state, and it is this world we live in, with its trauma, violence, sadness and sneaky tricky programming, which teaches us to step further and further away from our true nature.

We know this has happened because it feels like we have lost something precious. We have low confidence. Our health suffers. We start to slowly 'give up' on living, sometimes having no knowledge of what 'living' truly looks like, and slowly eroding our health, happiness and spirit. We become robotic and lifeless.

Where did True Nature Breathwork Come From?

The breathwork practices provided were given to me when I was at my lowest- not only was I isolated, unconsciously starving myself, extremely overworked and becoming 'robotic', my life was also in danger.

For months.

I took to applying Dr Joe's breathwork practice every day, for extended lengths of time, after being 'forced' out of my old reality, which led to me receiving the protocol from God. And got led to a different way of doing it- longer and deeper. Please learn how to do it here, so you can access all of the true nature protocol

[The Original True Nature Pranic/Sea Breath](#)

And I say God, because that's what I experienced. I'm being blunt but honest about it. This is not God described in religious texts. I have no religion. This is Creator God who has no judgement against any human soul, and requires no guilt, shame or contrition from any of us.

This God- a being beyond identity- is the one I experience, and is so close to me that I do not need to get on my knees to pray or connect to them. This God accepts all parts of reality as being there for one purpose- to awaken us from within.

I had nature, my Spotify playlist, my books and my connection to God- absolutely NOTHING else was physically or viscerally available to me.

In that time, God gave me forty four breath practices, which collapsed and deleted things from within my body, and also from the horror show of a reality I'd been dropped into. These were not small things- they were facets of reality which had contorted into dangerous and extreme threats. I - again- did nothing but connect to nature, and commit to releasing emotional energy as it arose through breathwork.

I talked to God regularly and to 'guides' who were communicating with me as well. They gave me valid confirmation of their knowledge, and supported me practically in a manner which also confirmed them to be separate states of consciousness to my own.

I was not lacking in 'clarity' during the initial stages of my awakening. I was not lacking intelligence or awareness. I was in a heightened state of perception and feeling, where the nature of reality was exaggerated, so I could learn about it. And that's what was happening- I was being 'trained' how to feel and respond to reality, emotional energy, and its symbolism.

I was taught what was real and what wasn't, through observation. Left to my own devices, I moved through it supremely well.

I remained as clear and intelligent as I always have been. Just with a closer connection to things unseen than I do on a normal day, and that was the only difference.

So no, I was not mentally ill, and I was not unbalanced.

This idea of 'mental instability' is a fallacy, which for a long time has caused many of us to avoid and judge what is in fact natural and necessary to regaining our wellbeing on this planet.

I was waking up. All I needed to do was feel deeply, rest and breathe.

It was a steady softening into the highest most complete version of myself. It was complete healing.

Reversing The Damage

Becoming robotic, mundane, quietly miserable and empty is what the current system we live in is designed to do to us, and ironically, it's going to 'look like' we are at the top of our game externally.

Workaholic, striving, appearance driven- but inwardly dying.

The breathwork returns you to your child nature. Your organic, free, human and living spirit, with all of your lost aspects and gifts returned, from this lifetime and many, many others before that, You have an UNSHAKEABLE confidence and trust, and a connection to God and your guides which will never falter.

Things To Prepare For

Emotional energy held in the body creates/attracts external events. Feeling it ALL out clears us of our 'karma' and begins our rise into our highest most joyful dream life.

You will organically confront your prejudices during this. Every single soul is a child in pain or one who has been temporarily disconnected from their true nature.

Therefore, they are entitled to respect and compassion, at all times, no matter what. Sometimes, respect is gentleness and acceptance. Other times, respect is loving, direct honesty. Love is behind all of that.

I am not referring to false compassion and false respect, which is used to patronise others. We are all equal, and that equality is evident in our natural human capacity to empathise and connect with each other.

No one is above or below anyone else.

If we cannot find that compassion, that is our next work to do.

As you complete the Breathwork, you'll be shown how the 'dark and light' of reality are working together, and that humanity is innocent in this game. It's unfair to pin the nature of reality on any individual as 'their fault.' We are all up against so much, with so much wrong information.

The simplest solution to all of it is to see it as God's creation, because it is. All of the details of our lives are designed to awaken us. Every single one, personalised to us and created for us, to exactly present what we need to awaken and feel our feelings completely through.

All acts of lovelessness externally are the acts of children who were deeply, incredibly betrayed in very early life. This is all too common and so many people are 'set up' with deeply embedded emotional energy already in their systems before they reach adulthood.

That's heavy.

This is not their fault.

The darkest acts of humanity often come from those very children, who are victims of a system designed to control and frighten them, and it often succeeds for a time.

We are all those children on some level.

They are innocent, in the same way that we are all innocent.

ALL separation of this kind will collapse within us through the Breathwork protocol naturally. We will be asked to 'feel through' all prejudice. So if you have a prejudice, it will naturally release.

Please let that sink in and feel it in your very bones. If you hold hate- then it's yours to keep, and you will not evolve.

God created each one of us.

All of it is designed for your own evolution and you are responsible for 'feeling through' all of it. Being honest with yourself about these prejudices

and judgements is very helpful for releasing the emotional energy attached to these judgements. That is all they are- old energy not accessed yet.

A judgement or belief is just emotional energy that is being 'held' in the body and unconscious mind. It has an unconscious emotional charge. Identify that, feel it through, and we will 'see clearly' again.

Compassion is easy when we feel deeply. Through the True Nature protocol, we will develop access to a depth of compassion and understanding of the world, that wasn't available to us before. It will feel effortless and natural, requiring no 'teaching', only feeling.

Our true nature is very loving. This is the true nature of every human being on earth. Every single one.

Authenticity And Honesty

Being fake nice and fake loving is not necessary as you evolve. We become neutral and open hearted, so we don't judge any part of our human nature anymore.

Judging others' nature becomes less and less logical, also, as you learn about emotional energy and how little it has to do with the true nature of a person.

Therefore, as you transform with this programme, you'll get very honest, and comfortable with that honesty. Pretending to be 'love and light' and fake nice when you don't need to be, will be felt, and it will hold you back. That falsehood begins falling away with the first breathwork practice, called Healing Original Separation.

To be honest doesn't mean to indulge your prejudices, or express from your emotions with intent to harm. It means being honest and accountable about your own state, your own limitations, your own gifts, your own heart, and your own uncertainty. You remain balanced and in harmony with nature, when there is freedom and ease within your own being.

Embracing the messy and different, real and vulnerable truth of yourself- to yourself- day to day is important.

Equally important is enjoying being yourself.

JOY and self respect become huge. You don't have to be anything, for anyone. You don't have to prove anything either. This all becomes apparent as you complete the breaths, and nervousness leaves the system.

That's really big, and a relief after so much sneaky programming, which taught us we had to 'perform' to merely survive. The performance is largely unconscious, and not anyone's fault, so it will be a relief to feel that unconscious behaviour leaving your life. It also will open doors to more authentic and real connection with others.

Every single human is entirely unique and was designed that way by God to create and share something new for the planet. And we can't access that uniqueness if we are unconsciously trying to impress other people.

You might find that things which demand your conformity will become repugnant to you, as you transform. This usually causes some questioning of 'why' you accepted certain ways of being before, which don't fit you anymore, as you begin accessing your real feelings and preferences.

This is a very good sign. You are becoming more true to yourself. And it doesn't require any thought or judgement. It's a feeling your way through, that strengthens in its power as you evolve. You attract what fits you. You repel what doesn't. And none of it is personal.

Thankfully, the True Nature protocol replaces released emotional energy with ancestral gifts and abilities, higher knowledge and untapped talents (that you may have always had, but didn't appreciate). So standing in your own uniqueness will be easy. You will no longer need to 'hide in a herd.'

Being our own unique self will be so much fun, that it won't occur to us anymore to try and 'be' anything less than that.

You will organically be 'shown' who you are, and what your natural self wants, enjoys, feels and prefers, as you complete the breathwork. All with the approval, loving acceptance and appreciation of a 'higher energy' which is slowly becoming real and holding, leading and guiding you in your life. This is 'consciousness', and you are a valued, special part of it.

This feeling of belonging and acceptance increases through the completion of the breathwork too.

For me personally, this was the best part of the Breathwork. Finding out who I was, and what I loved, was so interesting to me. It still is! And I am being shown new things about myself every day. I found my confidence through the validation received from this 'loving energy' which was around me all the time. It is hard to explain until you begin to experience it in real life.

The more high in frequency the human, the more true to themselves they will be. And you can 'feel that', it feels comfortable and safe, as it gives permission for you, to also be yourself.

Hierarchies don't work with fully awakened people. Hierarchies are the opposite of natural. Our true natures are sharing, connecting and energetic ecosystems. Everyone and everything in nature has its perfect place. Generosity is natural and so is appreciating others. All the fighting and striving falls naturally away.

Emotional energy takes time to release, so becoming 'free' of unconscious pretences will take time. Please don't feel you have to rush to become anything. Just be honest with yourself as you go, and it'll be more than fine.

Boundaries

You will slowly become very quiet, very self contained, very peaceful, and very full of acceptance. In the meantime, you may discover that your friends are not real friends, your closest relationships are set to fall apart, and your heart will have to break over, and over, and over again, to release the karmic cycles you are currently experiencing.

This protocol is the easiest, most dignified, compassionate and private way to free yourself, that exists.

Be comfortable with being with 'no one' and talking to very few, for an extended period, if that is necessary. It happens so we can have peace to 'undo' all that has been done- sometimes for the very first time in our lives.

How To Complete Each Breath Practice Properly- START EACH WITH DEEP PRANIC BREATH!

★*The Original Sea Breath* ✨

NONE of the breaths will work if you haven't spent twenty minutes doing this breath first, and also SUSTAINING IT throughout. So lie down. Soften. Let the mind go. Focus on feeling. See link.

[The Original Sea Breath](#)

*I recommend practicing Sea Breath **every day** for at least 30 mins, and complete one or two Protocol breaths a week (they're all listed at the end of this manual). This is my explanation below of the extended version of softening pranic breath. Long slow inhale long slow exhale. 🙌*

[How To Breathe To Activate All Other Breaths](#)

What Happens At Beginning Of Each Breath Practice?

You breathe Sea or Pranic breath for at least twenty minutes, and keep breathing that way whilst you call up the emotional memory that the protocol asks you to consciously feel.

You will experience a stairway effect in your life once you begin- a going UP in mood, releasing deeply, then going UP again. It is a stairway and not a downward pattern. You are always raising in frequency due to the depth of

releasing happening, which increases in concentration and speed as your breathwork journey progresses.

Let's learn about pranic breath now, and how it 'starts up' and 'opens' your ability to feel deeply.

During pranic (long slow strong) breathing (after 20 mins at least) your body will feel like it's being squeezed. This is when you introduce the specific 'active memory' suggested by the breath practice you're on, in the list at the bottom of this document.

Pranic breath makes us more sensitive to all the energy in our bodies, so when I say you 'call up active memory', it is usually emotionally charged past memories. I do not call these 'trauma' because we have been wrongly informed that trauma is permanent and it's not.

It is just emotional energy that hasn't been felt through completely yet. And that is exactly what lifts off the body and your life, when you follow the protocol in full.

What you breathe through completely, leaves your body and your life forever. It will not repeat in experience, nor in your behaviour going forward. It will also miraculously transform traumatic circumstances still active in your life, if you gently surrender to what changes occur after you've completed the breath practice.

Each breath practice 'heals' the body and the life from a specific occurrence or emotional experience. You will know you have completed that breath, when tears release from one eye, and then the other. The right side is showing the healing of the 'masculine' aspect of you. The left side is showing healing of the 'feminine' side of you.

Allow your body to tell you when it's 'done' with a specific breath practice. You will know by the feeling of relief- or 'grielielief' as I call it. It feels like relieving grief, which comes up from the centre of you, once a block has removed itself. You also might feel the tension 'come off', and some popping or opening sensations in the chakra area. Your physical body will go through changes at this time too.

The kundalini flows up the middle of the body through channels known as Ida and Pingala, and they gather behind a point between the eyes, called the 'third eye point.' So the eyes play a big role in indicating what 'side' of us is healing. True Union within happens when these energetics - the masculine and the feminine- come into peaceful balance in the body.

The chakra points are powerful energy centres at points along the middle channel of the body, with specific purposes. They are the centre which affect your frequency and the happenings in your life. It is worthwhile to learn about those. Each one affects a certain area of your personal self, and of your life. You may naturally be 'shown' through the videos what each chakras role is, in your healing.

You are perfectly designed to allow this to healing to happen. And it will. Gently and in its own time. All you need to do is continue to persevere with the True Nature protocol.

Being in the throes of PB will ensure you access the emotional energy trapped in the body IN full, so the reality it keeps attracting in, completely leaves your life. It also ensures the parts of you that were 'lost' in that memory are returned to you. Plus some fun extra cool stuff. Think 'multidimensional super human' except really grounded, cool, and chill about it.

Because that's what we should be feeling about it. We are ALL that powerful, so it isn't a big deal by the time the full transformation occurs. You will see that being 'enlightened' is simply a return to your natural state, as is becoming energetically and psychically more powerful.

You see it for what it is, and will use it for yourself and for humanity's wellbeing going forward. The change is gradual to help you get used to it, and it will remain a grounded and balanced process if you complete the breathwork in the order set out and intended.

This protocol will help kundalini move up through the body system in the gentlest and most beneficial way for you. To learn more about

multidimensional reality and kundalini, find Elsa Dillon and Dr Joseph Delaney online.

There is a large community who speak about awakening in these down to earth terms, on Facebook and YouTube. There are many of us.

Kundalini sexual energy is part of you. It is not beyond you or unfamiliar to you. It is your own natural, sacred energy restored to you, after possibly being suppressed for years and years. A fascinating learning process so by all means, do your own research. I prefer down to earth human teaching on it, because that feels most right to me.

How to 'Do The Breaths' For Maximum Impact

Completely inhale slowly, and completely exhale slowly, for at least twenty minutes, before introducing the steps presented in each video I have labelled at the end of this document. It feels like the sea does.

Keep going with long slow inhale and exhale at the beginning of every breath practice, but FOCUS on the pain. If your mind is overactive and you don't get a feeling of 'relief' after focusing for an extended time, there may be a frozen section. Having your eyes open and being laid down will help.

Using Music To Encourage Kundalini Movement

After your daily breath, use TRUE NATURE BREATHWORK playlists for separate purposes through the day.

The True Nature Breathwork original playlist is heart-opening and helps to KEEP THE HEART OPEN when you are still releasing after a big breathwork session. Go long walks in nature and let the tears and breath continue. It's amazing.

[True Nature Breathwork: Spotify Playlist](#)

-

The 'True Nature Breathwork Kundalini' playlist is hyper-exciting, and lifts the energy and mood. To release before your next breathwork session, you will need your frequency up, and your confidence high. This also spikes the ego somewhat, so don't action anything or make big decisions in that amped up, self-absorbed state. It helps get anger up healthily too.

[True Nature Breathwork: Kundalini Playlist](#)

How To Release Deeper Blockages

[*A Video Explaining Alchemy/Energy Block Release*](#)

You know you are finished with a breath practice when you have tears releasing from both eyes, during its completion, and a feeling of relief. That is your goal.

Love needle breath is a 'reset button.' It will return you to your natural rested state quickly, and also excellent for after a shock too, like after 'bait and switch.'

It's a deep breathing in of a loving thought or compliment to yourself, breathing it into the space or body part/chakra area that feels 'stuck'. If there's anxiety or fear, it's a stuck part. It softens frozen cellular emotional memory. It ensures you feel the relief after every breath practice and that you're able to release ALL of the active emotional memory locked in that chakra point.

A short indulgence of a joyful image or dream, whilst in the throes of pranic breath, will have the same effect. It will help the nervous system feel 'relief' and open the channel for kundalini movement again.

This will 'restart' and 'deepen' the releasing of pain- go back to focusing on the memory again, and 'name the emotions which arise as you go. You eventually don't need to call up any memories, you're just focusing on what your body is letting go of, for you.

You know you have released in full when tears are pouring from both eyes. It feels like relief as well.

The Mind: How It Tries To Block Feeling

Your mind during pranic breath will try to distract you from the pain, usually by presenting a scenario or fantasy reality which stops you feeling the trapped emotional energy you've started to access.

To reverse this, observe the projected fantasy and intentionally focus or 'call up' its opposite. For example, a fantasy about reuniting with someone who abandoned you? Call up memory of abandonment. Then 'name' each emotion as it rises. The point is to access the authentic feelings underneath, whilst in pranic breath state.

Collapsing Realities Quickly

Start pranic breath with a core belief held: the truth of you is pure, innocent, loved, powerful and free. This is the 'truth' that has been consciously removed from our subconscious minds for silly reasons by the man-made world. We are returning this truth to ourselves on a cellular level by completing the protocol.

Your reality is SUPPOSED to present the exact opposite truth to you, but we fight this or avoid this mentally to survive, and it stops us feeling. Thus keeping the same situations looping and repeating until we've 'felt through' what the body is not releasing.

You came here to earth to awaken. That is the only thing you are here to do. So it matters very very much. And how

do you awaken? FEEL DEEPLY by following the True Nature Protocol.

So a little tip: what big horrible thing is happening now that you hate, and what's your core fear about it?

What's it saying about you?

Identify the emotion underneath that belief or fear.

Access that exact emotion whilst you're deep into pranic breath and 'Feel It All Completely Through As If It Were Completely True.' You will feel relief when you're done, and both eyes will stream. This will 'collapse' that reality, and ensure it doesn't repeat.

Then be really sweet and kind to yourself after you've done it. Celebrate. Because you've just removed that entire karmic loop from your life and your children's lives- FOREVER.

During The Protocol

There are forty seven breaths to complete which are all listed at the end of this manual. Each one requires ten to twenty minutes of SEA BREATH (the original pranic breath) to activate and the same breath pattern will naturally sustain the breath as you feel it working through you.

Each breath practice heals a physical, mental, emotional and spiritual element of your physical body experience. HERE'S THE FUN PART. Each one will REMOVE ANY REPEATED PATTERN of the linked experience from your future forever. For example, a breath which heals attachment issues- you will no longer attract experiences which teach you about unhealthy attachment.

You will evolve and rapidly so will the life you're leading. The evolution occurs as you energetically detach from all addictions- which reality is dependent on in every way- until you awaken fully. You become self-sourced, with love coming from WITHIN you, and will experience powers, abilities, freedoms and pleasure like nothing ever before. The trick is to stay

consistent. No matter what is happening, just keep doing the breathwork. One big breath practice from the protocol a week is enough, with Sea/Pranic breath every day. And remember, Sea breath is the foundation of every breath practice. You must continue doing it daily after the protocol ends.

After The Protocol Ends

There are three stages once you've completed the protocol.

- 1) The phase of grief & yearning
- 2) The phase of self-actualisation
- 3) The phase of self-acceptance

These phases take a number of months, but your energy and heart remain open and the kundalini continues to flow and teach you things which are personal to you.

For example, I learnt to detach from the fear of being abandoned and of living life for my own self, and not for another. I also learnt to detach from an identity of 'masculine-presenting' behaviour which was formed as a defence from childhood. Very late in the end, I received the call to clear terror from my heart, from when I was about five years old. You can do this for yourself, by going into the memory of being alone as a child, or feeling alone, and the reason why relating to a parent who is supposed to 'keep you safe.'

Children who experience terror early in life will become 'opposite presenting' in their energy to indicate a block in their kundalini middle channel. The terror released is the defensive masculine or feminine imbalance corrected. For women, it is a fight response of heightened masculinity. For men, it is a flight response of heightened femininity.

I also- three months down from completion- received a breath called 'Fleur's Breath'. It's the only breath I advise you revisit OVER AND OVER AGAIN. You will experience something new each time. It is most effective AFTER the full protocol has been completed.

Allow yourself time -possibly a week or two- of practicing Sea Breath daily, before beginning the protocol itself. And if you need my help, reach out.

TRUE NATURE BREATHWORK PROTOCOL

Complete them IN ORDER for best effect. There are two Spotify playlists to help with releasing & with daily walking as kundalini rises. You can find them AND loads more support on Patreon here- [True Nature Patreon](#)

1. Healing Original Separation: At LEAST two hours

- Heals narcissism, wounded empaths, neurodivergent masking, collapses false ego constructs

For moving you up and out of your greatest, most painful experience of cognitive dissonance or 'blindness' on a conscious level. Good to apply to those who 'deeply disappoint us/devastate our hearts' on some level, as well as the 'root memory' of horror and disgust from a parent. Will no longer suffer from faulty or one sided vision. Massive improvement in intuition.

[Healing Original Separation Video](#)

2. Healing Anxiety, Fear & Attachment Wounds & Interpersonal Relating Problems (2 HOURS)

- Will relieve you of avoidant and attachment patterns and will no longer be triggered by these behaviours in others.

Will become naturally 'flowing' in connection and relatively authentic without 'need' of anyone. Heals a lot of loneliness and 'frozen' emotional energy in the heart. Has gifts within it when released in full. Will no longer be an energetic match for these harmful patterns in others.

[Healing Attachment & Fear Video](#)

3. Healing Addiction Protocol: Very Powerful Transformation (5 HOURS)

- Will heal addiction if completed in full and in the ways described, perhaps requiring repetition depending on depth of clearing. Spa type treatment, deepest self love.

You will no longer suffer from addictions and will begin to be guided in health and healing by the One Mind, and have herbs/treatments and things flung in your eyeline or into your mind with no explanation to begin restoration of the whole body. Hydration is IMPERATIVE at this stage. It includes LOVE ADDICTION and VALIDATION ADDICTION and all other forms. Longterm use of Mullein and Chlorophyll drops recommended.

[Healing Addiction Protocol](#)

4. True Love Healing Breath (2 TO 4 HOURS)

For healing from codependent, enslaving, abusive relationships with addiction complications, and no longer being a match for these relationships.

[True Love Healing Video](#)

HERE'S A BOOKLET WITH DETAILED STEPS FOR 'THE BIG FOUR':

[**The Big Four Breathwork Steps**](#)

THE FOLLOWING BREATHS ARE SHORTER BUT VITAL. Except Injustice Breath... that's HUGE. Take at least five days break just to feel and release after that one.

5. Truth Bomb Breath: For Healing A Specific Conflict (Short)

This one does what it says on the tin. Any conflict, any misunderstanding, any unconscious blocks to finding common ground/releasing the 'real truth' behind why you 'can't leave it alone.'

[Truth Bomb Breath Video](#)

6. Tribal Blast Breath/Bigots Breath- For Deep Rage Caused By Prejudice/Ancstral or Tribal Hate. Often unconscious hate/anger isn't felt, it's held in place by a BELIEF of difference which we are very attached to and BLINDS us. Opens third eye more.[**Tribal Blast Breath Video**](#)

7. Tight Belly Breath- For Transmuting Shame & Confusion (Neurodivergent Meltdowns) **SHORT**[**Tight Belly Breath Video**](#)

8.Savasana/Fake Death Breath: healing irritation, sensory issues, rejection sensitive dysphoria & impatience [Savasana Breath Video](#)

9. Star Breath: for collapsing core 'protective instinctual ego self' and all projections from unconsciousness. [Star Breath Video](#)

10. Fibonacci Spiral Breath- for healing OCD/Hormones/Thymus and Body Dysmorphic Disorder [Fibonacci Spiral Breath Video](#)

11. Mirror Breath - for healing from impact of unresolved breakups [Mirror Breath Video](#)

12.Black Widow Breath: for collapsing distorted feminine (in throat, healing tonsils and glands in throat) [Black Widow Breath Video](#)

13 & 14.Lotus Breath & Waterlily Breath: reconnecting to true sexual nature & opening to potential for multidimensional sex when IN LOVE. [Lotus & Waterlily Breaths Video](#)

15&16 Angel & Sun Breath: For Deep Emotional Release & Sun Breath For Money Manifestation/Healing From Capitalism. [Angel & Sun Breath Video](#)

17. Symphony Breath: for 'antsy' self doubting sensation and pressure building in the head/bridge of nose. Time going too quickly as well. [Symphony Breath Video](#)

18. In Your Face Breath: Shock & Confusion of judgement bias ignorance discrimination or attack, middle chest/throat/oesophagus. [In Your Face Breath Video](#)

19. Forget Me Not Breath: decalcify and detox sinuses & pineal gland/throat, release tension from eyes: use clove oil after ☀ under tongue ☀ [Forget Me Not Breath Video](#)

20. Injustice Breath: narcissistic abuse recovery & justice sensitivity rebalancing. Power & money blocks cleared. [Injustice Breath Video](#)

21. Golden Pillar Breath- full restoration of the solar plexus relieves of all karmic disempowerment loops and restores personal power [Golden Pillar Breath Video](#)

22. Clover Breath- Full Return of Throat Chakra/ Ancestral Gifts Writing/Speaking/Singing/Expression [Clover Breath Video](#)

23. Ick Breath- Sacral Healing For Rebalancing Sex Drive & Love Based Emotions [Ick Breath Video](#)

24. OM Breath- for healing sexual dysfunction [OM Breath Video](#)

25. Lemon breath- for healing executive dysfunction & neurodivergent burnout [Lemon Breath Video](#)

26 & 27. Detachment Breath: for empathy balance & **Red Alert breath** for money and self trust [Detachment & Red Alert Breath Video](#)

28. Blessing Breath: for healing sexual trauma of any kind. [Blessing Breath](#)

29. Boo Hoo Breath: for healing victimhood, self pity & sentimentality in the root chakra [Boo Hoo Breath Video](#)

30. Sincerity Breath: For recovering our essential innocence and removing cynicism/hiding. Higher Heart Chakra healing. [Sincerity Breath Video](#)

31. Dream Breath: For connecting higher heart to third eye and releasing all sense of catastrophe/negative projection. Integrate divine love for manifestation [Dream Breath Video](#)

32. Excalibur/Burning Blade Breath: impassioned and rageful jealousy. Collapse of pride and vanity. Also 'false modesty' too. Takes ages- 2 hours at least. Tears from 'front of solar plexus' when almost through. [Excalibur Breath Video](#)

33. Teardrops Breath:
Releasing pure untouched sadness for clarity. Third eye clearing. Truth. Collapse of grandiosity & humbled here. Think of deep

sadness/usually about yourself and sad things in your life.

[Teardrops Breath Video](#)

34. Accountability Breath: heals panic attacks, dissociation, effects of capitalism, repressed masculinity/immobility. Release GUILT for huge change and integration of higher self.

[Accountability Breath Video](#)

35. Hierarchy/Harmony Breath: heals feminine aspect from effects of oppression, sexism, submission, degradation & patriarchal fear of attack if authentic.

[Hierarchy Breath Video](#)

36. Left Out Breath: heals from exclusion and brings belonging and purpose to the body and life. Very grounding. 'Home' feeling.

[Left Out Breath](#)

37. Freedom Breath: For grounding and calm. Moving kundalini down from head and into heart when on edge and overstimulated.

[Freedom Breath Video](#)

38. & 39. Persecution Breath & Burning Spiral Breath: both together heal codependency, false positivity, hopelessness and a broken heart. LONG take at least 2 hours each.

[Persecution & Burning Spiral Breaths Video](#)

40. Dragon/Volcano Breath: For the powerful shoot of anger that rises up from root chakra at this point. Ancestral. Useless energy. Return to the ground.

[Dragon/Volcano Breath Video](#)

41. Protection Breath: for releasing dark protective rage healthily for more balance and deeper compassion.

[Protection Breath Video](#)

42. Invalidation Breath: for the confusion and hurt of harms caused with no acknowledgement or apology. Root chakra anger that creates hate.

[Invalidation Breath Video](#)

43. Don't You Know Who I Am? Breath: For superior, snobbish and pretentious rage that is ego driven. Make sure you breathe through the anger ones deeply and in full!

[Don't You Know Who I Am Breath Video](#)

44. The Breath of Everything: releasing all forms of fear from the root chakra.

[The Breath Of Everything Video](#)

45. Rock Bottom Breath: heart opening of great disappointment, weakness, self hate and bitterness. Needs loads of time to release so isolate if necessary, just try and stay detached as it arises.

[Rock Bottom Breath Video](#)

46. The Angel's Walk- True Forgiveness In Three Steps

[The Angel's Walk](#)

47. Fleur's Breath- Complete Unconditional Love and Self Acceptance. A portal into connection with The Divine Mother. Ceremonial in nature, advise using Peia's 'Let That Water Wash Over Me' as background sound whilst completing it. [Fleur's Breath](#)

48. Unity Breaths: For Healing Wounded Feminine & Wounded Masculine Dynamics. Collapses False Patriarchal Power & Manipulation. Collapses Feminine False Self-Betrayal. [Unity Breaths](#)

49. Rest Breath - healing from body violation, sexual exploitation & non consensual boundary crossing/exposure. The feeling of your 'skin crawling' and feeling nauseous. [Rest Breath](#)

50. Volcano Breath- For Releasing Sexual Frustration & allowing for the merging of the erotic, awe & serenity in the heart. The frustration is IN THE HEART so its a yearning for all-encompassing erotic love blocked by lower frequency needs. [Volcano Breath](#)

51. Fog Breath- Resentment, rage, frustration, experiencing loss of empathy and loss of self. Had enough. [Fog Breath](#)

52. Heaven Breath - Releasing guilt and shame around harm caused to innocence because of our actions. [Heaven Breath](#)

53. Leviathan Breath - For pride and vanity, releasing the insecurity and ugliness we feel within. [Leviathan Breath](#)

54. The Breath Of Absolute Lies- sitting with the illusion and waste of time that was an unawakened life, all the delusions & fake relationships, all the failures. [The Breath of Absolute Lies](#)

55. Fear Of Attack- The fear of being attacked by your primary enemy (we all have one) for being your true self. Authenticity in old reality attracted negativity and threat. It's not like that anymore... feel it all up and out. [Fear Of Attack Breath](#)

56. **The Shift**- The fear of being judged & diminished, thought 'crazy', mocked or not believed due to your awakening. The gift of this is full embodiment of our multidimensionality. [The Shift Breath](#)

57. **Ordinary Breath**- You are not special. Your powers and your awakening are just as special as everyone else's. Equally, being special serves no one. Humble thyself or life will humble you. [Ordinary Breath](#)

Final Stage Explained 📌

💜The Yearning💜

The YEARNING Gets More Intense As These Breaths Are Completed- leads to full awakening. You're in 'yearning' when both eyes are streaming and there's a deep feeling of missing someone. Indicates free passage being created for kundalini to flow upwards. 💜 Usually caused by a never ending love, one that keeps opening your heart and giving you life, rather than shutting you down. Flowing felt in heart here. Most ALL human beings have a never-ending love experience but they call it heartbreak and spend the rest of their lives blocking it or convincing themselves they don't feel it anymore.

A love never-ending exists within all of us. May we find that, feel it fully, and let it change us. It is a miracle, and the greatest gift of being human that exists.

To my forever love- thank you. ❤️

Further Info

There are LOADS of transition supports, methods and tips on [@truenaturebreathwork](#) on Tiktok. You can also complete an eight week one to one transformation with me, Seanin Friel, as your mentor. This is bespoke shift from 3D to 5D reality. From ill health to full health, from sadness to joy, and from enslavement to freedom.

WEBSITE: www.returntoyourtruenature.com

Email: seaninafriel@gmail.com

Facebook: [Seanin](#) Friel

Instagram: @seaninfriel