

The Next Level Healer

## Breathe Spirit into the Body



**If you have challenges staying grounded and in your body, practice this exercise every day. Be consistent with your practice and over time, you will notice your spirit will occupy your physical container and you can accomplish more on the physical plane. You can achieve your soul purpose if you stay embodied to carry out your life's work!**

Upon waking, before getting out of bed, begin to breathe your spirit into your body.

Take an assessment of how far down into your physical body you can sense your energy.

With each breath, ask your spirit to come further into your body temple. Assure your spirit that you will take good care of your temple and it is safe to occupy physical space.

Take time to direct your energy with your breath. Guide your energy down as far as you can go. You may not feel much of a difference at first, but over time, your body will transform. You will begin to live as your soul. You will not feel as much internal conflict and most importantly, you will **HOLD YOUR POWER.**