



## **Find Your Breath and Free Your Life Force**

*By Bridget Engel*

Breath is a gift from our Creator and allows us to experience our precious life.

Most of us know that there is a direct link between how deeply we breathe and feeling good. When we are stressed our breath tends to become shallow. This creates a mechanism that acts as a protector stopping us from fully accessing our feelings.

Emotions will often become locked in our bodies when we habitually breathe in a shallow way. Shallow breathing is taking in small sips of air, feeling the breath only up to our chest. Deep breaths of air allow the feeling of your breath flowing all the way to the top of your head.

Breathing deeply helps dispel fearful thoughts and emotions. These are the fearful thoughts and emotions triggered by lack of money, having the belief of not having enough time, and other such thoughts. If you experience any of these thoughts and emotions, make a mental note to stop. Then take five minutes to breathe deeply.

Visualize the perfect outcome you want and ask the Angels to infuse each breath for you, adding your intentions and colors. Imagine your breath going all the way to your cells helping to re-program you. Deep breathing such as this helps to keep us in the flow of perfect harmony and restore our higher connection where the perfect solution awaits us.

Depending upon our thoughts, each breath can have a responding color, a vibration frequency that mixes with other vibration frequencies in the universe. The Angels show me that our breaths look like multi-colored, swirling jumping ropes, all interacting with each other. Wherever we place our focus draws similar vibrations to us.

Oxygen is one of our most important nutrients. Without it we cease to live. Oxygen helps energize us and remove toxins from our bodies. It also helps to slow down our brain waves allowing us for more relaxation.

The quality of air we inhale is very important. Since moving to Mill Valley, my neighbors are now a huge forest of trees. The ability to access my Angels has been phenomenal. I now have new guides that have made themselves known to me. Did you know that the Angels imbue your oxygen molecules with answers to your prayers? I think this is quite

ingenious, another reason to breathe deeply.

### **Exercises**

1. Throughout the day, pay attention to how deeply you breathe. Place a fun reminder on your computer, car or wherever you spend most of your time.
2. Practice 5 minutes or more a day of intentionally breathing in love and exhaling love. See what you start to notice.
3. Breathe deeply into any tight areas on your body and honor any feelings that may arise.

Sending you all much love, light, laughter, ease and joy.

Angel Hugs,

A handwritten signature in cursive script that reads "Bridget".

Bridget

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