

Breath Power

Breathe in Prosperity

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are inhaling pure energy of creation and breathing out stress and disease.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming healthier, more prosperous and more energetic. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I breathe the power of the universe

my breath is automatic

I breathe deeply and powerfully

I breathe in energy from God

I take in eternal energy with my breath

my breath is automatic and unconscious

I naturally breathe into my belly

my breath is relaxed and automatic

my breath is deep and rich

my breath is full and powerful

my breath washes stress from my body

my breath washes stress from my mind

my breath is cleansing and pure

my breath is restorative and healing

I automatically breathe deeply and slowly

I naturally breathe deeply and slowly

my breath is an engine of calm

my breath is an engine of relaxation

my breath is an engine of charisma

my breath is an engine of personal magnetism

my breath is an engine of love

my breath is an engine of power

I breathe unconsciously and regularly

I breathe with purpose and intention

my breath is an unconscious engine of power

my breath is an unconscious engine of attraction

my breath is an unconscious engine of wealth

my breath is an unconscious engine of strength

my breath is an unconscious engine of energy

my breath is an unconscious engine of health

my breath is an unconscious engine of vitality

I breathe deeply and comfortably

my breath relaxes me

my breath calms me

my breath soothes me

my breath gives me power

my breath gives me energy

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