

ONE BREATH  
**MEDITATION**  
WITH DARLENE





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## ELIZABETH'S JOURNEY

2019 was one of the hardest years for me with physical and mental health. In February, I was diagnosed with acute endometriosis that covered my abdominal organs and spread into my intestines. The endometriosis formed adhesions which connected the tumors to the organs in my abdomen pulling on them causing excruciating pain.

Not only was I experiencing physical pain, the diagnosis took a toll on me mentally as well. I didn't feel like myself. I didn't look like myself. The tumors caused my stomach to swell to the point that I looked pregnant. Talk about a slap in the face - looking pregnant while facing the reality that you might never be able to have children. My OBGYN suggested that I have a hysterectomy. Having her say, "You're 36 and single, right? Why wouldn't you just have a hysterectomy? You know you are running out of time", was an even bigger slap in the face. This was my body and my choice. Yes, I understood that I didn't have many child bearing years left, but I wasn't ready to give up that option if I didn't have to. In April 2019, I went to a specialist at Mayo Clinic to undergo an 8 hour surgery to carefully remove the endometriosis and tumors. A surgery that my doctor said, "gave him a run for his money."

Recovery wasn't easy. I was in the worst shape I had ever been in. I was ready to feel "normal" again, but I had no idea where to start. I was told that I had to avoid strenuous activities, such as biking, jogging, weightlifting, and aerobic exercise, but I had to do some physical activity to avoid getting blood clots. What could I do? This is when I was introduced to Yoga. Yoga allowed me to start slowly with gentle seated and standing poses. Over the next few months I was given the green light to gradually increase my exercise time and intensity. I've never felt as defeated as I did my first day back in the gym. How had I gotten so out of shape? My strength was gone. I had reached a point where I was completely overwhelmed with it all.

A friend suggested that I try meditation. Traditional meditation never worked for me. I somehow found it to cause me more anxiety. Instead of relaxing my mind, it caused mine to go into overdrive - "Am I doing this correctly?" "Why can't I shut off my mind?" I thought I was the only person who felt that way until I was introduced to One Breath Meditation. I connected with the idea that when shit hits the fan, you don't always have 30 minutes to sit quietly and de-stress. Instead, it taught me to reconnect with my breathing, and allowed me to calm my anxiety with a single breath.

One Breath Meditation took away those little negative voices that we sometimes have telling us that things are too hard or we should give up. Focusing on my mental health first gave me the motivation to set small physical goals for myself. Starting my workout with One Breath Meditation has allowed me to get in the right headspace to keep moving forward and push myself a little more each day.

EVERY DAY IS A NEW BEGINNING

**LEVEL 1**

**CONNECT TO THE BREATH**



## **LEVEL 1**

### **CONNECT TO THE BREATH**

The aim of Level One is to bring you back to your natural breathing performance, train your oxygen capacity to increase without force, and to teach you how to breathe in connection with a calm and controlled physical, mental and emotional level.

One Breath Meditation is a progressive program, taking you on a journey, to connect with your breath. Your focus will be taken away, then draw back to a strong connection to your breath and yourself in the moment.

Removing footwear and socks allows a stronger earthing connection.

Thank you for taking time out for yourself to learn the One Breath Meditation and enjoy the journey.

- › Before you begin today, I would like you to take a minute to stand in prayer mode and set your intentions, purpose, and goal for the practice of today and begin connecting to your breath.
- › Take up a comfortable position sitting down with your back straight and head comfortably looking forward.
- › Allow your arms and hands to sit in their natural position in front of you.

#### **1 minute / 9 breaths.**

Now closing your eyes.

- › Begin to breathe calmly with nothing forced.
- › When you breathe in, your breath draws in all the way down through your nose, inflating your belly, then allow it to turn around and flow unforced through your mouth.
- › Your chest or shoulders shouldn't be rising and only with minimal movement.
- › Breathe in through your nose all the way down inflating your belly, then it turns around and flows unforced, through your mouth.
- › Breathe in through your nose all the way down inflating your belly and allow the air to flow out, through your mouth.
- › Think about the air as it travels through your nose, all the way down, fills your belly, it turns around and is gently released through your mouth as your belly deflates.

### **1 breath.**

› This time on the breath in, count how many beats it takes to draw in the air all the way down to expand your belly, hold for a beat, and slowly, with control count as the air is released out through your mouth.

### **1 breath.**

› Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly, hold for two beats and slowly release through your mouth extending the exhale by two more beats.

### **1 breath.**

› Again, draw your breath in all the way down, extend it by two more beats on the inhale, inflate your belly, hold for two beats and slowly release through your mouth extending the exhale by two more beats.

### **40 seconds / 4 breaths.**

› Once your air is all the way out, take your breathing to a calm and gentle breathing with a seamless transition from inhale to exhale with nothing forced.

Now you are going to connect your breath with your physical self, allowing 2 breaths for each body part.

### **2 breaths.**

› Exaggerating your inhale slightly, breathe through your nose, inflate your belly and hold for a beat. As you do, focus on the top of your head and face, just letting go of any tension on each exhale, with calm and controlled breath out through your mouth.

### **2 breaths.**

› Move your focus down to your neck and shoulders and again, with a slightly exaggerated inhale draw your breath down, hold for a beat, think of your shoulder and your neck just relaxing and letting go as you exhale.

### **2 breaths.**

› Focus on your back, and again with a slightly exaggerated inhale draw your breath all the way down, feel your lower and upper back expanding, hold for a beat, release your back, and let go as you exhale gently through your mouth.

### **2 breaths.**

› Moving to your belly inhale again, drawing your breath all the way down as it inflates your belly, hold, release your belly, letting go and feel yourself sink into the earth.

### **2 breaths.**

› Moving your focus to your legs, draw your breath all the way down, hold for a beat, and release your legs, letting them go and allow them to sink into the earth on each exhale.

### **2 breaths.**

› Now focus on releasing your feet, as you breathe in, hold and exhale through the mouth letting your feet and let them sit in their natural position, sinking into the earth.

### **2 breaths.**

› Release your arms, inhale all the way down, filling your belly, hold and let your arms go and just let them sink into the earth.

### **2 breaths.**

› Moving onto your hands, inhale your breath all the way down to fill your belly, release your hands and let them sit in their natural position as you sink into the earth.

### **40 seconds / 4 breaths.**

› Staying connected to your breath, inhale and exhale smoothly, with seamless transition from inhale to exhale and let your whole physical self be released.

Feel yourself sink into the earth, allowing gravity to connect your whole physical being, as your grounding yourself to the earth.

### **1 breath.**

› We are going to connect back with one breath. inhale deeply with intent, through your nose to inflate your belly.

› Hold for two beats.

...and slowly release through a soft mouth with nothing forced.

### **4 breaths.**

› Calm your breathing from inhale to exhale, relaxing your face on every exhale.