



y² education

The Healing Power Of Colour Breathing

**An Ancient Eastern Technique For Cleansing
And Charging Your Chakra To
Unlock Your Inner Energy**

Introduction

The breath holds the secret to the highest bliss.

Life begins and ends with a single breath. For thousands of years, breath and breathing have played a very important role in cosmology, mythology and philosophy; it is also an important tool in ritual and spiritual practice.

For centuries, various breathing techniques have been used to influence and shift consciousness by spiritual seekers, mystics and Yogis. They have reached altered states of awareness and discovered that profound healing was possible through breathing. Ancient yogis believed that many diseases result from disturbed and inefficient breathing.

The Buddha taught the importance of silence and stillness and going within to experience the breath. On the deepest level, mental, emotional and spiritual enrichment can be attained through breathing, which automatically supports life itself. Etymologically, many cultures have words for breathing or breath that reflect a deeper understanding and respect for the breath.

In many languages, the word for breath and spirit are the same. For example in Greek, the word pneuma means breath and it is also interpreted as spirit. In Latin, spirits means both breath and spirit.

In Sanskrit, prana means breath, life force and vital energy. In yogic practices, pranayama means expansion of the life force and expansion of the breath.

In modern society, consciousness breathing helps us to establish regular breathing patterns to reverse the negative effects of modern life and help us to connect with ourselves on a deeper level.

Many people don't realize that there is a deeper meaning and spiritual connection of the breath.

Unfortunately, the reality is that over ninety percent of us are using less than fifty percent of our breathing capacity. We are inhaling very shallowly with a minimal amount of oxygen.

The majority of people breathe marginally, engaging only the chest and not the solar plexus. It results in us not fuelling our blood and vital organs with sufficient energy. It has been linked with cancer, low mood, degenerative disease, poor quality of life and an early onset of death.

And we were never taught in traditional education that breathing is also the quickest, easiest and most rewarding solution to process trapped emotions, tap into our genius and gain clarity on life purpose.

Breathing is truly our bridge between body, mind and spirit. All breathing methods are forms of active healing rather than passive healing; we promote health and well-being instead of treating disease and illness.

The breathing method you are going to learn in the next five weeks is very simple, practical and effective. It can be practiced anywhere by anyone who wants to gain more mental clarity and live a balanced life. It is not just breath training; it's mind training that uses the breath as a vehicle to tap into your own consciousness.

When we pay attention to our breath and train our mind, we become present with ourselves instead of moving from task to task with low productivity.

It helps us to think more clearly, make wise and responsible decisions in life, be fully present with what matters to us the most and best of all, it helps to build stronger immunity.

Therefore, this five weeks transformational program will be one of the fundamental keys to unlocking your inner potential power, cleanse and recharge your chakra, calm your noisy mind and awaken the genius within.

So, let's begin this journey together! :)))



1. What are your intentions/top three reasons to gain from this program?



2. There are the 12 reasons/benefits that you can potentially gain from learning this program.

- Be more resilient to cope with stress, improve your focus and mental clarity.
- Calm your monkey mind and awaken your inner genius.
- Be awakened to the present moment away from the daily distractions.
- Let go of accumulated tension and trapped emotions in the body that may result in injury or illness.
- Release all the bondage, baggage and heavy energy that drag you down.
- Call in healing light and power to heal your emotional wound.
- Gain inner peace and clarity and tap into your inner power.
- Assist you to tap into your inner magnificence and unlock your potential energy.
- Activate, cleanse and recharge your chakras to open your heart.
- Gain clarity and truly focus on your own purpose and growth journey.
- Align your emotions and action with your desired outcome in life..
- Reconnect with your higher self/authentic-self.

Meeting Ying Yang



Ying is an energetic and intuitive Healer, a human behavior expert and the Founder of Y Square Education. She has dedicated more than a decade researching and practicing as a human behavior expert and peak performance consultant.

Ying is also a leading expert in clinical psychology, emotional intelligence and organizational behavior, communication skills and leadership development. She has more than 15,000 hours of work experience with individuals, professionals and organizations;

She assists and guides them to have higher levels of achievement in their personal and professional life by using science combined with Eastern wisdom and philosophy with Western psychology.

Having researched and studied in various fields including modern Western psychology and philosophy, and Eastern wisdom and teaching, Ying has acquired extensive experience, which gives her a unique approach to delivering services of the highest standard.

Ying has expanded her mission both nationally and internationally by providing online programs, consulting services, workshops and seminars to individuals and groups.

Ying's mission in life is to empower individuals or groups to discover their real potential and purpose and live life with clarity, certainty and confidence. Her vision is to see the world where everyone can achieve complete alignment with their thoughts, desires and actions.

4. Program Curriculum

Module One

Simple and basic breathing techniques

Module Two

The power of mantra

Module Three

Practice breathing visualization

Module Four

Colour breathing to cleanse chakra energy centre

Module Five

Breathing with Mudras and colour shield to charge energy

5. Pace your learning to gain maximum benefits

The most effective way to learn and master these breathing techniques is learning each module on a weekly basis.

You can certainly go through the entire program quickly under an hour, however the whole point is NOT about knowing the techniques, it is NOT just about breath training;

It's a mind training that uses the breath as a vehicle to tap into your own consciousness.

Step 1

Enroll into this Program online and log in.

Step 2

Take about 60 minutes to 90 minutes to go through the entire program to get a general idea of the program.

Step 3

Set 1 hour at the beginning of the week to learn the breathing method in one module and spend the rest of the week practicing the techniques for a few minutes each day until you feel comfortable with it.

Step 4

Continue the same learning pace to learn one module per week until you complete all the modules.

Step 5

Integrate these breathing techniques into your daily life and practice them as your daily ritual.

Step 6

Document all the differences that you have noticed since you started practising this breathing method.

6. Is this course right for me?

- Curious about the spiritual work and self-discovery.
- Looking for ways and tools to tap into your spiritual power and spiritual growth.
- Want to be more resilient to cope with stress, improve your focus and mental clarity.
- Calm your monkey mind and awaken your inner genius.
- Release all the bondage, baggage and heavy energy that drag you down.
- Call in healing light and power to heal your emotional wound.
- Gain inner peace and clarity and tap into your inner power.
- Assist you to tap into your inner magnificence and unlock your potential energy.
- Activate, cleanse and recharge your chakras to experience heart opening.
- Gain clarity and truly focus on your own purpose and growth journey.
- Align your emotions and actions with your desired outcome in life.
- Reconnect with your higher self/authentic-self.

7. Receive your special gift pack from Y Square Education

Gift Pack: You will also receive a very sacred gift package from us; it includes a sage Smudge Stick and a Palo Santo Healing wood which helps you to clean the energy in your space right before you start your practice (with clear instructions on how to use them to clear your energetic space)

you must enroll this course with your the correct postal address, any questions with in regards to receiving your gift pack, please email: support@ysquare.com.au



8. Start to document the most amazing three differences you feel since you have started the journey.



**9. Schedule your 60 minutes
Online Private Breakthrough
Session with Ying.
(Valued at \$198)**



<https://breakthrough-session.youcanbook.me/>