



## Living Loved Exercises

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### Session 4 - Falling in Love for Your Spirit

#### Homework: Breathing Exercise 4: Opened to God

*Deep breaths, opening to God*

**Video Link:** <https://youtu.be/KiORLM9Pzfk>

#### How

- Take a deep breath, inhaling through your nose. (Think: Sniff a flower.) Then exhale slowly through your mouth. (Think: Blow out a candle.) Inhale for four seconds and exhale for four second.
- While you breathe, think about God while you intend to open your spiritual senses.
- You're not trying to perceive anything yet. Simply think about God, intending to open your senses to an encounter with him.
- Take 3-5 deep breaths.

#### When

Three times a day—morning, afternoon, and evening. Even better, breathe deeply like this whenever you think of it throughout the day—waiting at a stoplight, sitting at your desk, talking to someone.

#### Why

This breath combines breathes 1-3. It trains your mind to connect with God (with opened spiritual senses) in a restful place.



## Living Loved--Exercises

**Caution:** Some people may have unpleasant thoughts or memories come to mind while doing this exercise. If that happens to you, refer to the “What to do if You’re Triggered” section.