



## Living Loved Exercises

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### Session 8 - Overcoming Blocks to Oneness Love with Holy Spirit

#### Homework: Breathing Exercise 8: Heart Breath with God

*Heart breaths, connected to God*

**Video Link:** <https://youtu.be/h2moLKCK2cE>

#### 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.
- Picture the breath going in and out of your heart. Or you can picture the breath going in and out of the area above and near your heart in your spiritual body/spiritual realm.
- While you breathe, think about the special time with God or think about the other special memory. Recall how you felt and see if you can feel that way again. If you can, think about God joining you in the memory or feeling if God wasn't there to begin with. For example, if your special memory is visiting the Grand Canyon, think about how it made you feel. Then imagine God joining you in the Grand Canyon memory.
- Take 3-5 deep breaths.

*Advanced version* (after you become very comfortable with the regular version): As you breath, focus on the feeling of love or joy you had in the memory until you are filled with that feeling. (Since we are focusing on love in this course, I'd recommend choosing a memory where you felt love and focusing on how you felt until you feel that way again. It may take many tries to be able to feel love whenever you want to.) After you are



## Living Loved--Exercises

filled with the feeling, imagine yourself sending that love to God. Or imagine yourself receiving that love from God.

### When

Do this exercise 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 opens your heart area to give and receive from God in the spiritual realm. It also helps you form a connection with God where you *feel* a positive emotion (like love or joy) instead of just *knowing* God loves you.

**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.