



Living Loved Exercises

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Session 3 - Changing the Definition of Intimacy

Homework: Breathing Exercise 3: Open

Deep breaths, opening your spiritual senses

Video Link: https://youtu.be/mAX_TLOdWo0

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, intend to open your spiritual senses.
- You're not trying to perceive anything yet. Simply open your senses to what is around you in the spiritual realm. You can think of your individual senses like spiritual sight, hearing, touch, taste, smell, and imagine them opening. Or you can think of your entire self being open and ready to perceive in the spiritual dimension.
- 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



Living Loved--Exercises

This breath tells your spiritual senses to wake up. It tells them that you expect them to let you know what they're perceiving in the spiritual world. Don't try to perceive anything yet. This is simply a wake up exercise. But if an encounter opens, yield to it.

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.