

Archive 2018

Healing Punishment/Reward Relationship Patterns (5/22/2018)
Sibling Relationships and Relationality: An Interview with Jeremy Youst (5/17/2018)
A Brief Meditation to Deepen Your Relationship to Breath (5/8/2018)
Creating Your Circle of Masculine Guides (5/1/2018)
Father Wounding and Forgiveness: An Exercise in Evolving Human Consciousness (4/24/2018)
Father Wounding: Interview Psychotherapist and Breathworker, Wilfried Ehrmann (4/17/2018)
Father Wounding - Recovering Confidence and Competence: A Meditation and Prayer (4/10/2018)
Creating Your Circle of Feminine Guides (4/3/2018)
Unconditional Mother Love: Interview with Tilke Platteel-Deur (3/27/2018)
Mother Wounding and the Five Steps of Forgiveness (3/20/2018)
Healing Unconscious Mother Wounding (3/13/2018)
A Brief Divine Mother Meditation (3/6/2018)
Continual Breathing Awareness (2/27/2018)
The Whole Awakened Self (2/23/2018)
A Breath Exercise to Keep You in the Present (2/20/2018)
Return to Source: Reclaim Your Soul's Calling (2/13/2018)
Healing Your Birth Trauma: An Experiential Exercise (2/6/2018)
Returning to Source: Infant Water Breathwork Demo with Carol Lampman (1/29/2018)
Effects of Meditation and Breath Awareness on the Brain and Body (1/23/2018)
Therapeutic Breathwork: A Remedy for Hyperventilation (1/16/2018)
Returning to Source: Beyond Birth Trauma - Interview with Carol Lampman (1/9/2018)
An Introduction to Returning to Source - Interview with Binnie Dansby (1/2/2018)

Archive 2017

The Evolution of Breathwork: Interview with Jim Morningstar, PhD (12/26/2017)
Your Contribution to the Community of Love and Light (12/19/2017)
Returning to the Source: What is it and why return? (12/12/2017)
Life Lessons from the Tibetan Book of the Dead (12/5/2017)
Ascension and the Death of the Fictional Self (11/28/2017)

The Four Principles of Success (11/21/2017)
Maintaining Light and Love Through Death Meditation (11/14/2017)
Empowerment with Your Personal Mission (11/6/2017)
The Four Levels of Intent and Your Holostic Success Plan (10/31/2017)
Align Your Pleasures, Gratifications and Purpose (10/24/2017)
Personal Pyramid of Happiness Meditation (10/17/2017)
Planetary Relationships and Laughing Our Way to Heaven (10/10/2017)
Integrative Practitioner Supervision Teleconferences (10/4/2017)
BOOK LAUNCHING: Break Through with Breathwork (10/2/2017)
Returning to True Love (9/25/2017)
Forgiveness in Your Relationships (9/19/2017)
Try this Couples Communication Exercise (9/12/2017)
NEW RELEASE: Break Through with Breathwork (9/5/2017)
Love and Relationships: The Cosmic Dating Service (8/29/2017)
Is Your Language of Love Different than Your Partner's? (8/22/2017)
Ideal Loving Relationship Meditation (8/15/2017)
Compassion and the Spiritual Body of the Planet (8/8/2017)
Final Spiritual Body Aspirations: Peace, Forgiveness and Joy (8/1/2017)
Spiritual Body Aspirations: Innocence, Compassion, Abundance and
Wisdom (7/25/2017)
Love and Your Spiritual Body: An Introduction (7/18/2017)
Master Your Mind, Master Your Life (7/11/2017)
Restoring the Temple of Your Life Meditation (7/4/2017)
Origins of the Mind and Consciousness (6/27/2017)
Love, Ego and The Sword of Shutup (6/20/2017)
The Law of Attraction: How Your Mind Can Be Tricked (6/13/2017)
The Job of Your Mental Body in the Universe - An Introduction (6/6/2017)
Your Personal Happiness Index (5/30/2017)
Awareness and Mastery of Your Energy Bodies (5/23/2017)
Communicating Our Feelings With Love (5/16/2017)
Anatomy of the Physical Emotional Body: from Trauma to Mastery
(5/9/2017)
Loving Your Emotional Body (5/2/2017)
Your True Heart's Desire Meditation (4/27/2017)
Increase Your Personal Effectiveness with Maintenance Breathing: Live
Demonstration (4/18/2017)
Let This Movement and Touch Exercise Energize Your Body (4/11/2017)
Access Right Brain Healing: Body Trip Exercise (4/4/2017)
Earth Elemental Exercise: Free Demonstration (3/28/2017)

Body Dialogue Meditation: Loving and Learning from Your Body (3/21/2017)
Is Your Sensitivity a Blessing or a Curse? (3/14/2017)
Free Inspirational Videos from Jim Morningstar (3/7/2017)
Three Free Breathing Techniques to Jumpstart Your Life and Work (2/28/2017)
Meditation on World Harmony: Love Matters (2/21/2017)
Celebrate with Peace and Love- Special Offer (2/14/2017)
Using Breathwork to Jumpstart Yourself and your Clients (2/7/2017)
A Meditation on the Love You Are (1/31/2017)
Experience Immersion in Unconditional Love Now (1/24/2017)
“Divine Child” Meditation and Special Offer (1/17/2017)
An Invitation to Being and Living the Love You Are (1/10/2017)
Incorporating Breathwork into your Lifework #1 (1/3/2017)

Archive 2016

Preparing for Your Next Stage of Life in the New Year (12/27/2016)
The Gift of Love for 2017 (12/20/2016)
Living and Manifesting in Your Light Body (12/13/2016)
Breathwork’s Doorway to the Greater Self (12/7/2016)
Being and Living the Love You Are (11/29/2016)
Understanding and Accessing Spiritual guides (11/22/2016)
Seeing with the eye - The 100 Breaths Exercise: Jumpstarting Your Aliveness (11/1/2016)
s of love. Seeing with the eyes of fear (11/15/2016)
Breathwork and Healing Trauma now online (11/8/2016)
The Complete Breath Demonstration (10/25/2016)
Spirituality and Politics: your vote is called for (10/18/2016)
Five steps of Forgiveness (10/11/2016)
Meditation for Inner Peace Which Spreads to Our World (10/4/2016)
Experiential Enneagram Practices to embody your potential (9/27/2016)
Breathwork in Water: coming alive... (9/27/2016)
Breathing with an Energetic Grounded male (9/20/2016)
Breathwork With a Gender Balanced Theme (9/12/2016)
Maintaining Faith in the Process of Change (8/30/2016)
Practicing a Spiritual Discipline (8/30/2016)
Developing and Trusting Your Intuition (8/23/2016)
Increasing Awareness of Synchronicity in Your Life (8/16/2016)
How We Create Our Reality (8/9/2016)

Acts of Kindness and Service (8/2/2016)
Finding Your Purpose (7/26/2016)
Build on Your Signature Strengths (7/19/2016)
How to Live in the Present Moment (7/12/2016)
Finding Meaning with Gratitude (7/5/2016)
Creating Intimacy in Your Life (6/28/2016)
Working & Playing - Burnout Prevention Tips (6/21/2016)
What turns on your brilliance and joy? (6/14/2016)
Breathing into Your True Self (6/7/2016)
What makes a great practitioner? (5/31/2016)
Breathing with the Gender Balanced Theme (5/24/2016)
Special Edition New Breathwork Video Book (5/17/2016)
Exercises for the Brain Heart Connection (5/10/2016)
Spiral Dynamics: The Theory of Everything (5/3/2016)
Two Tools to Change your Mind and Your Life (4/26/2016)
Breathing with the Steadfast Supportive Body Theme (4/19/2016)
Sexuality and Ethics in Non-Ordinary States (4/12/2016)
8 Qi Gong Exercises for You (4/5/2016)
Doorway to Aliveness Right Under Your Nose (3/29/2016)
Spirituality in Holistic Counseling (3/22/2016)
How to Effectively Express Your Feeling (3/15/2016)
What is a Master Breathworker? (3/8/2016)
4 Keys to Your Emotional Wellbeing (3/1/2016)
Sun breathing and a key to life mastery (2/23/2016)
Moving for Wellbeing: a free introduction (2/16/2016)
Free class on enhancing Sensing (2/9/2016)
Learn two vital breathing techniques (2/2/2016)
Two Breathing Exercises Vital to Joy and Wellness (1/26/2016)
Getting more joy and nurturance from eating (1/19/2016)
Tai Chi Exercises for Health and Wellbeingx (1/12/2016)
Tai Chi Push Hands Play with Masters (1/5/2016)

Archive 2015

Affirmations: Give Yourself a Mental Makeover (12/15/2015)
Find the subconscious "shadow" beliefs that hold you back (12/8/2015)
Mastering the Laws of the Mind (12/1/2015)
Self-Acceptance Meditation and Communication (11/24/2015)
What is Holistic Counseling? (11/17/2015)

How to be an individual in your family system (11/10/2015)
The Two Pillars of Wellness in Your Life: Self Responsibility and Love (11/3/2015)
Healing Trauma with Breathwork (10/27/2015)
Mastering Your Thoughts and Feelings (10/7/2015)
Prosperity in Your Daily Life (9/30/2015)
The Empathetic Nurturing Theme in your life and breath (9/23/2015)
Breathfest of Champions (9/15/2015)
The Psychic Sensitive Body Theme (9/8/2015)
How Breathwork Was Reborn (9/2/2015)
Who is controlling your mind? (8/26/2015)
Two Types of Breathing (8/18/2015)
The Significance of Your Birth: Breathing in Water-Date Correction (8/13/2015)
The Pelvic Rock and \$100 savings (7/14/2015)
How you body themes can run your life (7/7/2015)
"Get off my back" exercise with Jim Morningstar (6/29/2015)
The ceremony that joins all peoples (8/4/2015)
Balance Your Brain with this Simple Exercise (7/28/2015)
Native American Ceremony and healing (7/20/2015)
Two Vital Breathing Exercises (6/23/2015)
Leading a Creative Life (6/17/2015)
Why is Accepting Our Dis-ease Critical? (6/10/2015)
Spiritual Psychology (6/3/2015)
You are where you need to be, just breathe (5/26/2015)