

Kathleen Booker - Breath as a Pathway to Self-Love, Personal Empowerment & Divine Connection

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Kathleen will guide you through the fundamental skills you'll need to liberate and celebrate the fullness of who you are through the healing power of your breath.

This course will feature teachings, training sessions, and experiential practices with Kathleen. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to address your blocks to self-nourishment, access the loving and healing power of your breath, and celebrate the fullness of who you are.

Module 1: Breath-Fully Clearing the Body, Mind, Heart & Spirit



In our daily lives, many of us marinate in a lot of muck and mire — both conscious and unconscious — that can get in the way of seeing, thinking, and feeling clearly.

All that noise in your body, mind, spirit, and emotions can encase your heart and prevent you from giving or receiving love. It can keep you in a perpetual state of brain fog.

In this opening session, you'll discover how to use Conscious Connected Breathwork to clear and cleanse all levels of your being.

Kathleen will help you:

- Relax from head to toe, and from within and without
- **Release the collective consciousness energy of anger, rage, overwhelm, uncertainty, and anxiety** that's taken residence in your cells... consciously or unconsciously
- Learn how to keep your auric field clear and cleansed of the collective consciousness debris
- Experience how **breathwork enhances your life force**

Module 2: Remembering That You Matter & Choosing Yourself First



You matter. What you think matters. What you feel matters.

Since the dawn of time, women have been raised to care for others. We're instinctive caregivers in the workplace, at home, and with our children and friends. It's not something we can easily switch off and on as we navigate through the different aspects of life.

Even when we're exhausted and need a moment to rest, we continue to show up for others. We resist taking time for ourselves and keep moving forward.

Yet the truth is... every car needs gas!

In this module, Kathleen will guide you in breathing techniques to develop the muscle of "I matter. My thoughts and feelings matter."

You'll discover:

- **Breathing techniques to support the courage and clarity** you need to choose yourself first
- How to **create healthy boundaries**
- Breath-full motivation to **commit to self-care**
- How to improve the quality of your life — at work and at home
- **Ways to develop practical skills to enhance your authentic voice and communication**

Module 3: Settling Into Love With Breath as Your Guide



Love created me like itself.

— A Course in Miracles, Lesson 67

Many of us speak to ourselves in ways that are less than loving. We tend to beat ourselves up for any way we are, or anything we do that doesn't fit the idea of "perfect." But would you talk to other people as unkindly as you talk to yourself?

If your answer is no, this session will help bring you into a state of *knowing* that you are love... that you're loveable and loving.

In this class, you'll take some time to settle into love — guided by your breath. Kathleen will guide you to breathe in the love that you are — enabling the love that surrounds you to fill and uplift you. You'll discover how the more you breathe, the more you feel safe to feel.

Kathleen likens love to the symbol of infinity. It flows through you from Spirit, and, from you, it flows to another. Love is continuous... never leaving Source. Source is you and you are Source — "the oneness of the allness," as Kathleen says.

In this module, you'll:

- Practice breathwork to feel safe with love itself
- Allow **the breath to guide you to that place within you where love resides**
- **Shift your perception from fear to love**
- Learn to breathe and expand the love within you — letting it undulate out from you and spread like ripples in a lake
- Discover that **you and another are one and the same...** just as two distinct drops of water inhabit the same ocean

Module 4: Breathing in the Violet Flame



The violet flame is the seventh ray, the purple energy, the light of forgiveness. It's known by many names to many people... but what exactly is it?

Violet-flame energy can be used in almost any aspect of your life, to help repair physical injuries or provide emotional comfort in times of stress. It can assist you in fixing damaged or even broken relationships... but its most vital property is the spiritual growth it inspires.

In this session, you'll explore the nature and properties of the violet flame... and learn how we can make use of its powerful energy to cleanse and heal ourselves — on a spiritual and a psychological level.

Kathleen will share how your breath is a powerful mode of self-healing... and breathing in and through the violet flame is like a massive booster shot of clearing and expanding.

Tune into this module to:

- Learn how to **use your breath to clear and cleanse energy from your chakras**
- Use the violet flame in conjunction with the breath to transmute energy that's not in alignment with your highest good — into **energy that increases your vitality**
- Increase your vibrational energy and spiritual communicative abilities — enabling you to **have conversations with higher angelic beings**
- **Release any sense of guilt or feelings of self-condemnation** that can stand in the way of your healing
- Understand how the violet flame holds the quality of mercy and the quality of forgiveness — a powerful alchemy

Module 5: Calling in & Manifesting Abundance on All Levels



Having abundance is more than money. It's everything!

Abundance is friendship, health, joy, inner peace, calm, focus, working a job you love, and much more.

Abundance is about being in the oneness of ALL. When you remember that you're one with the *allness*, there's nothing you can't manifest. To release the sense of lack or scarcity, it's important to remember that you have the power already within you, and you're not separate from that power.

During this module, you'll allow your breath to take you to the place within you that *knows* you're abundant. And, your breath will guide you to remember the wholeness and the truth of who you are.

In this class, you'll be supported with:

- Breathing techniques to become fully present — here and now — and **receive *your* abundance**
- ***Breath-full* abundance affirmations to anchor yourself in trust and faith... a *knowing* that you don't have to figure everything out by yourself**
- **A way to discover the kinds of abundance you want more of**
- The knowledge that the outer world of form and experience is a reflection of your inner world of thoughts and feelings
- Spectacular **visuals that will inform this module's breathing exercise**

Module 6: Womb-Clearing & Trauma Release Through Breathwork



During this session, you'll experience a **2-hour breathwork session** to clear and cleanse your womb — your sacred space of life, creation, and power.

Your womb is the home of your feminine creative potential and the life vibrancy that's been passed to you from your matriarchal lineage and the Divine Mother.

As you know, this creativity can be used to make and birth babies. It *a*lso births ideas into physical form.

Womb clearing helps connect you to your body and reclaim your authentic voice.

This class was lovingly designed to help you discover your sacred “no,” to heal trauma from when your boundaries weren't respected, and to clear emotional blocks from the womb.

You'll also heal trauma from previous partners or parents... energetic cords of attachment... and losses such as miscarriage, stillbirth, and abortions.

This work is for *a*ll women. Whether you currently have a womb or not... or have a menstrual cycle or not. The Divine Feminine energy is for ALL of us.

During this breathwork womb clearing, you'll release a millennium of repression... and experience a cellular-level expansion, rebirth, and renewal of your mind and body.

In addition, you'll:

- Feel united and **connected in a safe sacred-sister circle**
- Learn how the breath can support you in getting pregnant, easing the birthing process, healing after birth, and releasing birth trauma
- Be guided through a **breath-full womb clearing** that can ease menstrual problems including premenstrual tension, cramps, and heavy flow
- Experience a breathwork practice to heal relationships (past and present), childhood trauma, and the stress and pressure of living in today's world

Module 7: Clearing Ancestral Patterns



Your ancestral past has a Herculean influence on your present life. Your muscles and cells hold genetic memories of family traumas from many past generations... events that have been swept under the rug and suppressed within your family as secrets never spoken.

But what's been left unseen and unspoken has a way of coming forward in your life and demanding your attention. There can be intergenerational trauma lingering within you — keeping you stuck in cycles of unskillful behaviors.

By acknowledging past hurts and remembering your ancestors, you *can* break the cycle of destructive patterns — through **breath-full ancestral pattern clearing**.

In this final session, you'll clear whatever patterns you inherited from your ancestors, and call in your desires.

You'll walk away from this closing session with the ability to:

- Heal the trauma of your matriarchal line
- **Clear ancestral patterns that don't serve your highest and greatest good**
- Strengthen, recalibrate, and **clear your root chakra... the home of ancestral energy**
- Receive the blessings from your ancestors to help you move forward in your life in a different way — **anchoring in the infinite possibilities of your limitlessness**

The Conscious Connected Breathwork Bonus Collection

In addition to Kathleen's transformative 7-part virtual course, you'll receive these powerful bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

Have a Business or Want to Start a Business?

Video Dialogue With Kathleen Booker and Sandra Clayton



Breath is the key to remembering your courage, clarity, and focus. **Sandra Clayton** of ConversionMinded is a business coach who excels at gently guiding people to become clear about their desires — business or otherwise. In this video, she leads you to focus on your desires, so you can manifest them in your life and the world.

Dancing Goddess

Video Dialogue With Kathleen Booker and Jess Grippo



Do you ever feel like all you want to do is dance? Dancing helps you release areas of stuckness... as does breathwork — and they can both evoke confidence and freedom within you. In this beautiful conversation, **Jess Grippo** (dancer, author, and women's holistic health coach) shares about loneliness and feeling stuck, and guides you in the “movement of the goddesses” — to expand your breath and your world!

Mother Earth: Healing Feast & Treats

Video Dialogue With Kathleen Booker and Joann Davidson



Food is medicine, and your body is an altar. Your every meal can be a sacred ritual, a spiritual practice, and a deep form of self-care and reverence for what lies within you. In this session, you'll experience how breathwork supports your digestive system to function at optimal capacity. Chef and massage therapist **Joann Davidson** shares about how to eat from earth to table. Immerse yourself in a live food demonstration *and* a massage meditation for your digestive system.