

The objective is to capture attention by showing their main desire – use relatability – use the principle of unity by showing “we-ness” – and intrigue the reader that conscious breathing is the solution they’ve been missing for their healing journey - to earn the click.

(AVATAR CREATION IS BELOW THE POST)

Instagram caption:

✨📌 How to release the “shadows” of anxiety and *finally* be aligned with the universe in just 40 minutes in your home.

First, we need to stop relying on temporary “highs” to heal, like:

Wandering around the shopping mall to ending up buying a Gold LV wristlet...

Or going to concerts alone with your “happy face” on...

And most importantly, we need to stop binge drinking alcohol every Friday night with our friends.

These temporary highs rob us of being present in the moment.

And sure, therapy, yoga, and reiki sessions are powerful tools...

But they only suppress our anxiety and do not internally shift the power to transform our outlook on life.

We need to start clearing out every root of anxiety in our unconscious mind by exploring conscious breathing.

Because once you do, you’ll release layers on layers of tension! Your hips are released from “the cage,” your movement is light like a feather, plus your mind is freed from the “fog of life.”

I mean, just imagine the possibilities you could do:

You could happily go to the gym again and build that slim waist, hip, and thigh figure you’ve always wanted. ✨🙏

Or you could teach your child(ren) conscious breathing to not only allow them to sleep longer and improve their sleep but improve their overall behavior! ✨

And the best part of this spiritual experience?

This *powerful* paradigm shift only takes 40 minutes, an iPhone, and a place to lie in your home.

I can guide you step-by-step with the exact same “rising breath” system that transformed thousands of my clients over the last 6 years.

Are you ready to release the shadows of anxiety and finally be aligned with the universe? Tap the link in the bio for a chance to breathe with me and our community! ✨💖

Avatar Creation

Name, age, and face.

- Hannah
- A female that is 35 years old
- Been working a 9-5 job
- Has one child
- Values her health and is looking for ways to improve it
- Very spiritual, and has good awareness

CURRENT STATE

What is painful or frustrating in the current life of my avatar?

- **I want to transform my life and find healing**
 - transform your life and find healing
- **I have anxiety**
 - I've been having a lot of anxiety that has been manifesting in physical pain
- **I can't clarify with past traumas**
 - I have been through RTT, practiced yoga for years, had multiple sessions in reiki (including training myself), and had years of therapy.
 - I don't know. I don't know what I'm going to do. I don't know what I can do.
 - I feel lost and no one can help me. I'm taking it out on other people because I don't know handle it on my own and it just spews out.
- **I don't know my purpose**
 - But these feelings of not knowing my purpose in life, wondering if this is all there is to it have been intense lately.
 - You wake up go to work, do some fun stuff like go to the gym, dancing and hanging out with friends and family, and then go to bed at the end of the day feeling like you haven't done anything of value.
 - Seeking out the ultimate meaning of life
 - Keep wandering through the fog of life, while being mindful of the impact you make upon other living beings.
- **Temporary "highs"**
 - While enjoying experiences like hiking in a foreign country for the views and buying nice things and going to the concert of your favorite singer and other elements in your external environment are important, they only provide you temporary "highs" until you search for the next thing
 - I go to concerts alone and try to get out and do other things, but have also developed a verrrryyy unhealthy relationship with alcohol because it's the only

thing that makes me feel happy and good about myself. I don't really have fun going out alone. I don't have fun doing anything alone. I go to the gym and try to exercise but not out of enjoyment. Just to kill time and for something to do and I'm constantly worrying about and trying to lose weight. I have about 20lbs I could stand to lose.

- Every day I wonder what all this is for. I literally only find joy and excitement in binge drinking and eating junk. I feel I have no purpose in life but to pay bills. I desperately want to feel like I belong somewhere with people want me around, but I don't.
- I put on a happy face and pretend I'm great around people that don't know me, and cry into my pillow at home
- I feel like my soul is dying slowly every single day and the walls of life are closing in on me.
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DREAM STATE

If they could wave a magic wand at their life and fix everything, what would their life look like?

- **I feel much less anxious, relaxed, and so much more aligned and balanced**
 - I feel much less anxious, relaxed, and so much more aligned and balanced.
 - I could feel tingly, warm sensations that moved around different parts of my body
 - Its like all these years of trying to fix myself and heal from the pain of my past through counseling or pushing myself to get it together hasn't worked. Finally, its like a lightbulb is happening through breathwork, surrender and receiving all the energy healing.
 - My whole body feels like I released 400 layers of tension! My hips released, the way I move is more fluid, my mind and body feel integrated. I feel more comfortable with the idea of sexuality instead of shut off by it. I swear my face is healthier looking. So much healing in an hour.
 - In 1 session I felt an energetic shift and inner knowing/release that I can tell will begin to shift my paradigm and allow true healing
- **The universe has drawn me to a new path**
 - my spirit went on overdrive and took me down a path I didn't realize I needed to go down.
 - The universe has been drawing me on this path for the last couple months. I get clear visions and surges of emotions.
 - breathwork did more for me in 90 minutes
- **I was able to get past trauma. Forgiveness has come through me.**
 - Today, I was open to receiving anything that came through, and I had a vision that came so naturally where years of trauma, generational healing and forgiveness came through for me. I want you to know I feel not only lighter, but

have more compassion and freedom to move forward because I now embody what it means to live with love for my parents and self. I want to thank you from the bottom of my heart and for showing up as you to give this world what it needs at any given time.

- **Have been able to break down the walls of depression**
 - have been able to break through the wall of depression, get back into the gym, and I'm finding a good balance in my life again.
 - was powerful and moving and I'm still left feeling the effects of your guidance three days later!
 - So many things came up. Soooo much pain. So many tears. Just cascaded and released."
- **I am able to release "shadows."**
 - was so powerful! I didn't know what it would be like from home. It felt incredible, I was crying, releasing, and every word you shared was hitting home as the process flowed. It was a guidance through yes, releasing shadows, but ultimately loving ourselves enough to do so, and that's what really came through for me.
- **I am able to calm my children down**
 - I am able to calm my children down with my own breathing and help put them to sleep.

ROADBLOCKS

What is keeping them from living their dream state today?

- She believes that healing comes from an external source

SOLUTION

What does the avatar need to do to overcome the key roadblock?

"If they <insert solution>, then they will be able to <insert dream outcome>."

- If she stops giving away her power and releases the belief that healing comes from an external source, then she will be able to empower her healing journey
 - **Transformative healing using spiritual teachings, conscious breathwork, somatic integration, meditation & energy work**
 - **To use the power of your own breath to witness massive breakthroughs in your journey.**

PRODUCT

(First 4 are Alex Hormozi's Value Ladder)

How does the product help the avatar implement the solution?

- The product is a powerful healing modality that can facilitate deep emotional, psychological, and physical cleansing

How does the product help the reader increase their chances of success?

- She will have an experienced mentor that was able to guide thousands of people within the last 6 years.
- Has a community to keep her accountable

How does the product help the reader get the results faster?

- There will be integration tools: Journaling prompts, challenges, and coaching to assist in going deeper into your own healing journey.
- She will gain access to Q&A support – all on her iPhone

How does the product help the reader get the result with less effort or sacrifice?

- All it takes is one session: 40-60 minutes
- There will be replays – can watch from home anytime