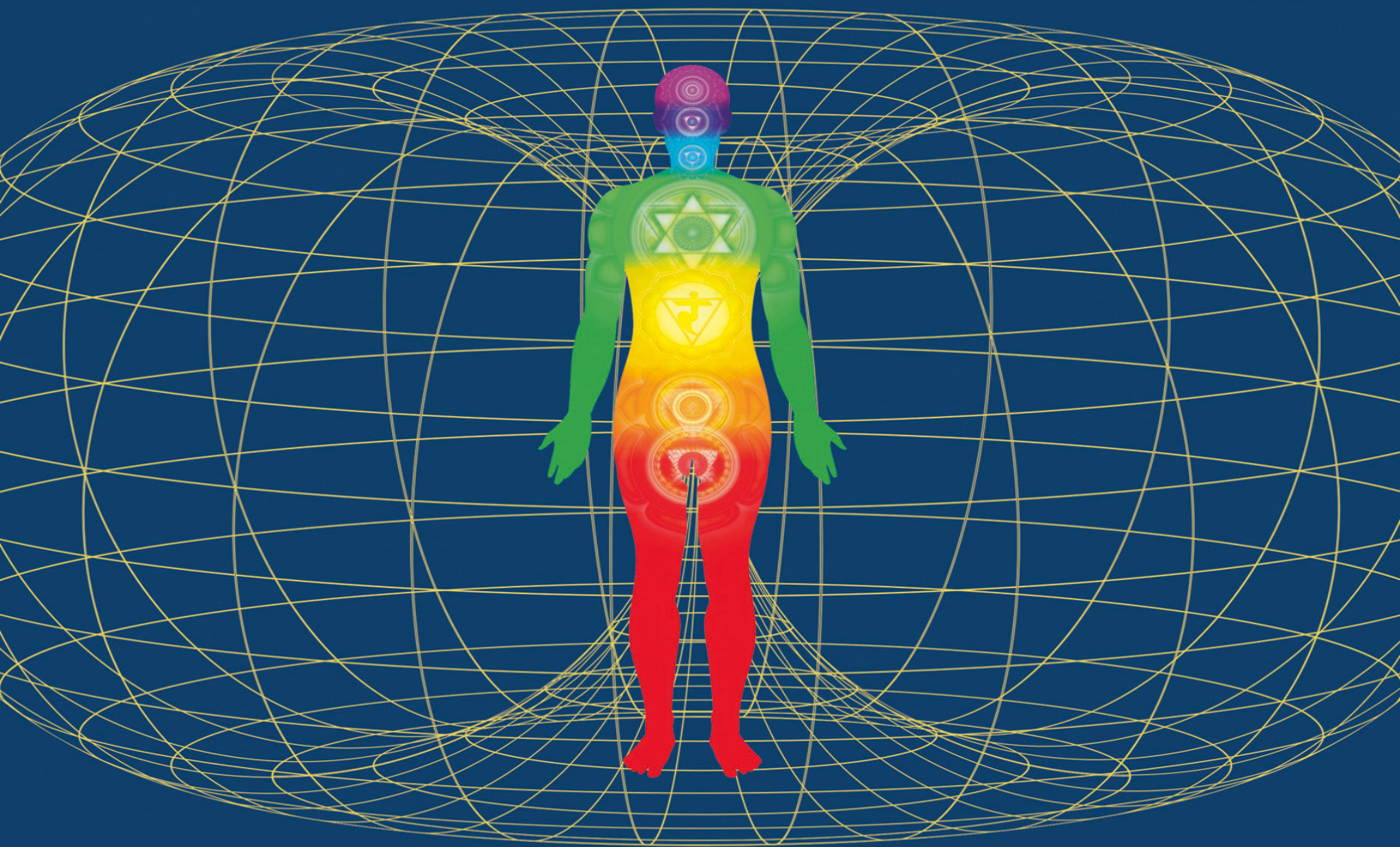


Unlock the 8 Energetic Codes
to Heal, Awaken, and Transform
Every Area of Your Life

QUANTUM BREATH



Dr. Espen Wold-Jensen
with Fiona Soutter

Praise for
Dr. Espen Wold-Jensen and *Quantum Breath*

“Dr. Espen Wold-Jensen offers a rare blend of insight, integrity, and compassion. In Quantum Breath, he presents his work with clarity and depth, making complex energetic principles accessible and meaningful. This book is both grounding and inspiring, inviting readers into greater awareness, healing, and personal transformation with trust and openness.”

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“Dr. Espen World-Jensen brings a rare blend of deep compassion and clear wisdom that gently opens your heart and mind. When you learn from him, what you get is to feel safe, seen, and inspired to live in greater harmony. His energy is out of this world.”

— KEN HONDA, best-selling author of *Happy Money*

“Quantum Breath is a powerful transmission that bridges science, spirituality, and embodied practice in a way that invites true remembrance. Dr. Espen Wold-Jensen masterfully guides the reader beyond information into transformation, activating the innate intelligence of breath, energy, and consciousness. This work is not merely read—it is experienced—awakening the soul to its natural state of wholeness, healing, and creative power. A profound invitation to remember who you are and to allow the Spirit to move through every dimension of your life.”

— MICHAEL BERNARD BECKWITH, founder & CEO of Agape International Spiritual Center and host of the *Take Back Your Mind* podcast

“In my years of studying the connection between trapped emotions and physical illness, I’ve witnessed time and again how our unresolved emotional pain becomes stored in the body, creating barriers to health, happiness, and our highest potential. Dr. Espen Wold-Jensen’s Quantum Breath is a powerful testament to this truth. This book is more than a guide; it’s a sacred invitation to reconnect with the healing wisdom that lives within your own breath, your own body, and your own spirit. If you’ve ever felt stuck, disconnected, or ready to step into a deeper level of transformation, let Dr. Espen show you the way home.”

— DR. BRADLEY NELSON, best-selling author of *The Emotion Code*, *The Body Code*, and *The Heart Code*

“Dr. Espen offers an illuminating guide to our true nature. Beyond the thoughts of fear and fragmentation lies our innate wholeness, and this book brilliantly leads us back to it. It’s clear that Espen has lived the insights in Quantum Breath, and in reading the book you begin to live them too.”

— MARIANNE WILLIAMSON, best-selling author of *Midlife Awakening* and *A Return to Love*

QUANTUM BREATH

QUANTUM BREATH

Unlock the 8 Energetic Codes
to Heal, Awaken, and Transform
Every Area of Your Life

Dr. Espen Wold-Jensen
with Fiona Soutter



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DEDICATION

To my beloved family, my teachers, and every Soul who has ever walked the path from pain into purpose.

To my brother Kevin, whose brief life taught me the precious gift of breath and life.

To my mother and sisters, who revealed the strength of the human Spirit.

To my son Gunnar, thank you for showing me gentleness, playfulness, and love.

To every reader holding this book: May you discover the truth that you are not broken—only waiting to remember who you really are. May Spirit come through you, as it did for me.

And finally, to the Great Spirit, God, Creator, the One, the Field, thank you. I love you.

With blessings and gratitude,

Espen

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Foreword

In a world hungry for meaning, purpose, and deep connection to something greater, Dr. Espen's newest book *Quantum Breath* emerges as a profound and timely gift. Dr. Espen's inspiring journey—woven through the pages of this remarkable book—is not only deeply personal but also universally applicable and resonant. His ability to help transmute pain into power, and near-death into divine purpose, reflects the essence of what it means to live an inspired and congruent life aligned with one's highest values.

What moved me most about this book is its courageous invitation to remember who we truly are beyond the illusions of separation so that we may return to the wisdom of the Soul, guided by the whisper of Spirit through every breath, choice, and heartbeat. This book is a masterful synthesis of ancient wisdom and modern science, delivered by a man who has not only studied consciousness but has also embodied it.

Dr. Espen reminds us that awakening is not a concept—it's a practice. And transformation is not a destination but a devotion to living authentically, spiritually, and purposefully. I am inspired by his work, and I encourage every conscious seeker, leader, and visionary to read it—not just with the mind, but with the open heart of a being ready to serve humanity at an ever-greater level.

Thank you, Dr. Espen, for answering the call.

— Dr. John Demartini, human behavior specialist,
educator, and internationally best-selling author of
The Breakthrough Experience and *The Values Factor*

Preface

For as long as I can remember, this book has lived inside me.

The teachings, the tools, the energy—it's been part of my life's journey through pain, awakening, and service. I've shared this work on countless stages, in sacred ceremonies, with seekers, scientists, CEOs, and spiritual pioneers. I've lived it, taught it, and witnessed it transform lives around the world.

But this is the first time the work has been captured in its full vibrational form—woven through story, science, breath, and Spirit—so that it can meet you, the reader, exactly where you are.

Quantum Breath is not just a book. It is a living transmission. Every chapter is encoded with intention. Every breathwork practice is a gateway. And every word is here to help you remember who you truly are and what is possible when you reconnect with your Source.

This is not a book of theories—it is a book of remembering.

It invites you to go deeper than the intellect, to remember that the power you seek is not outside of you; it lives within your breath, your body, and your energy field, waiting to be activated. Waiting to come through.

This is my offering to a world in transition.

We are at a pivotal time in human history. Systems are breaking. Paradigms are shifting. People are awakening. And amid the noise, there is a quiet knowing rising—a remembrance that healing, transformation, and true power are not things we chase but things we *become*.

This book is a companion on that journey, a blueprint for awakening and a sacred invitation to return home to yourself.

I'd also like to offer my sincere thanks to Fiona Soutter, who supported this transmission by helping bring the frequency of this work into written form. Her contribution as co-author is felt throughout these pages, and I am grateful for her devotion to the essence and integrity of the message.

To you reading this now—thank you for showing up. Thank you for listening to the call. May this book not only inform you but also transform you.

And above all, may Quantum breath be activated within you, as it did for me.

Introduction

I was five years old the first time my world broke open.

It was summer in my hometown of Arendal, Norway. The kind of day when kids are meant to run free, barefoot and laughing. But instead of playing outside with my friends, I heard a scream. The kind that stops time. The kind that splits your Soul.

It was my mother. I ran toward the sound and found my baby brother, Kevin, lifeless in her arms. I didn't understand death at that age. I only understood that something precious was gone.

Something inside my mother went with him. She shut down. The grief, the shock—it was too much. Like many who have experienced great loss, she turned to alcohol to cope. And our home changed.

As the eldest, I felt it all. I tried to hold it together. I became the “strong one.” The responsible one. My sister, who was born with disabilities, needed extra care. I buried my grief beneath a mask of strength. I learned to perform wellness long before I ever lived it.

But underneath it all, I was suffering.

My family didn't talk about emotions. We didn't have the tools to do so. I pushed the pain down and forced myself forward—into martial arts, into fitness, into performance. I studied to become a teacher, then a nutritionist. From the outside, I looked like I had it all together.

Inside? I was aching to understand why I felt so disconnected from myself, my joy, and my purpose.

Eventually, I left Norway and moved to Australia. I had big dreams, big energy, and about \$12 in my bank account. I enrolled in a university, determined to rebuild my life. I thought I was on track.

And then . . . life happened.

In 2006, I crashed a motorcycle in Melbourne. I broke both legs, fractured my pelvis, and nearly bled out on the side of the road. Emergency medicine saved me, and I'll always be grateful, but the aftermath of that event changed everything.

Over a year later, I went in for a routine surgery to remove the metal rods, plates, pins, and screws that had been placed in my body after the accident. That's when I contracted a hospital-acquired MRSA infection—a flesh-eating bacterial infection resistant to nearly all antibiotics. It ravaged my system. I lost over 30 pounds. I was in constant pain.

I followed every instruction the doctors gave me. Every injection. Every prescription. And still, I wasn't getting better. Then, in 2008, I got the prognosis no one wants to hear: "If the infection continues to spread, we will have to amputate your leg . . . or you will die."

I remember sitting alone in the hospital room, an IV in my arm, feeling completely defeated. I looked up at the ceiling and whispered, "God . . . if you're real . . . I need help."

That was the turning point.

Something shifted. A presence moved through me. Call it Spirit. Call it the higher Self. For the first time in my life, Spirit came through, and I listened. It was like lightning—a voice that wasn't mine but *was*.

"If it is to be, it's up to me. Go home and breathe."

In that moment, I realized I had been outsourcing my power and my healing, waiting for someone else to save me. And for the first time, I understood what I had to do. I thanked the surgeon, pulled the IV out of my arm, and walked out of the hospital.

I went home, sat on my bed, and closed my eyes. I didn't have a protocol. No magic pill. No healing modality. All I had was my breath.

So, I began there.

Inhale. Exhale. Again. Again.

And something started to shift.

At first, I felt peaceful. A kind of calm I hadn't known in years.

But then, the memories started surfacing. Suddenly, I was five years old again, standing in front of my baby brother's lifeless and blue body. I saw the grief in my mother's face. I felt the panic in my little chest.

Then came the memory of being laughed at in school because I couldn't read or write well. I felt the shame. The loneliness. The fear of not being

good enough, of not “fitting in.”

And my mind—my ego—oh my God, how I tried to shut these painful memories down.

But I kept breathing.

Because deep down, I intuitively knew: *Everything is connected.*

The trauma. The emotions. The pain I’d stored in my body for decades—it wasn’t random. It was real. It was science. Psychosomatic illness—*psyche* meaning “mind,” *soma* meaning “body.” Unresolved and suppressed emotions become “issues in the tissues.”

When you understand this interconnectedness, everything begins to make sense. Just like the organs of your body work in harmony through homeostasis, so do the mind, body, and Spirit. There is no separation. Every part of you is communicating with every other part, all the time, mostly without your conscious control.

The trauma I hadn’t processed—the abandonment, the guilt, the fear, the anger—had taken up residence in my cells. But through the breath, it was finally moving. And I thought to myself: *Better out than in. If this pain is surfacing, I thought, maybe it’s ready to leave. Maybe it’s time.*

What if the breath can actually clear this pain, this illness?

What if my breath can give me access to my subconscious and allow me to let go—fully?

I had nothing left to lose. So, I breathed deep, two, three, sometimes four times a day.

I breathed, I cried, I remembered.

And after a year and two months of fighting for my life with no progress, in three and a half weeks of practicing this breathwork, *I healed.*

That’s when I knew: Our breath isn’t only medicine. Breath is Spirit. Breath is life. And it’s available to all of us.

Spirit and Breath Are One

Think about it: The first thing you do when you’re born? You inhale.

The last thing you do before you leave this life? You exhale.

In many ancient cultures, the word for *breath* and *Spirit* is the same. The ancients knew something we’ve forgotten.

There's a reason why almost every meditation practice focuses on breath. It's not just calming; it's activating. It's not only oxygen; it's life force. As I always say to my students, "You've been walking around with a superpower hidden right underneath your nose."

If you don't breathe right? You create stress and illness. But if you do breathe right? *Anything can change.*

That's what happened to me. I didn't know it at the time, but through my breath, I was reconnecting with my true Self.

The breath that saved my life is what I now call Quantum DMT Breathwork, and it didn't just help me survive; it brought me back to something deeper. Something sacred. Something I'd been missing my entire life.

That's when Quantum breath was activated. It was not merely as an idea but as a living force—a sacred technology unlocked within me.

The Call to Remember

Since that day, I've dedicated my life to *innerstanding* what I experienced and how to help others experience it too. I've immersed myself in the study of neuroscience, quantum physics, ancient wisdom, the mystic arts and sciences, energy medicine, personal development, trauma, and much more. I've opened and managed several multidisciplinary health and wellness clinics, built businesses, and founded the Quantum Academy. I've facilitated breathwork for thousands of people around the world, from all walks of life—from elite athletes, business leaders, and government officials to spiritual seekers and everyday people looking to find healing and fulfillment.

And the more I discovered, the more I realized this fundamental truth: You are not broken. You are blocked by interference like fear, like guilt. Like shame, grief, lies, the illusion of separation, attachments, and addictions.

But underneath those blocks is the real you. Whole. Powerful. Worthy. Connected.

This is who you've always been—the Quantum You, resurfacing.

This book is your guide—a blueprint to reclaim the truth and power of what and who you really are.

Each chapter explores one of the eight main Energy Centers in the body. You'll discover how each Energy Center is directly connected to a specific area of your life and how unresolved emotional patterns—what I call interference patterns—can block energy flow, causing a reduction in your frequency, vibration, and vitality. These blocks are often the hidden root causes of suffering, manifesting as recurring challenges in various aspects of your life, including health, relationships, career, happiness, and much more.

As you move through these pages, you'll embark on a journey of inner and outer transformation—turning fear into fuel, guilt into gratitude, shame into self-worth, and grief into grace.

You'll learn how to release what no longer serves you, manifest a life beyond your wildest dreams, and reconnect with your true Self through breath, awareness, and energy.

This, in the language we speak here at the Quantum Academy, is what we call “coming home.”

Because Spirit, life force, and true transformation aren't “out there.”

They are inside of you.

How to Use This Book

This book is designed as a practical framework for your transformation. Alongside the stories and teachings, you'll be guided through breathwork practices and reflective transformational exercises to help you embody the work as you go.

To support you, we've created a private online portal where breathwork practices, also known as "breathwork ceremonies," and resources are hosted. Simply scan the code below with your phone or tablet, create an account, prepare your space, set your intention, and press play. This is my gift to you.

Here's what you'll find there:

Guided breathwork journeys:

Each chapter includes a breathwork practice you can access in the portal, recorded in my voice and supported by natural instruments and background frequencies (tailored explicitly for each Energy Center and area of life) for a powerful, ceremony-style experience.

Video messages:

These include a personal welcome and other insights from me to support you through your journey.

Here's how to get started:

Scan the QR code below.

Create your free account.

Watch the welcome video and get ready for your first activation.

Your breathwork journey starts now.



CHAPTER 1:

The Dr. Espen Method— Mapping the Quantum Life

The way you live one area of your life is the way you live them all. True transformation happens when you bring Consciousness to the whole.

What if you could see your life energetically—mapped out in front of you, revealing not just what's thriving but also where energy is leaking, where joy is suppressed, and where power is still waiting to be reclaimed?

That's exactly what the Dr. Espen Method is designed to help you do.

This is my proprietary methodology—linking the body's Energy Centers (the chakras) with the interference patterns that block them and mapping how these patterns express themselves across the Eight Areas of Life:

1. Physical Health
2. Mental and Emotional State
3. Finances
4. Relationships
5. Personal Development

6. Business, Career, and Vocation

7. Spiritual Fulfillment and Purpose

8. Time and Presence

It's not just a personal or professional development framework. It's a living, breathing system that integrates quantum science with ancient wisdom—a method for conscious evolution and embodied transformation.

At the heart of this approach is the understanding that life doesn't happen in compartments. Your health, your finances, your relationships, your inner world—these are not separate. They're energetic expressions of the same field. When one is misaligned, it creates a ripple across the rest.

To navigate this interconnected system, I developed a unique diagnostic and transformational tool known as the Quantum Wheel of Life.

This isn't just a diagram—it's a quantum compass. A mirror. A map.

It's a way to assess where you are and recalibrate where you're going. It brings together the Eight Areas of Life into one powerful framework that helps you raise your frequency and align your actions with your highest potential.

And while mindset is important, my methodology goes deeper. It works with breath, energy, the conscious, subconscious, and super-conscious mind, as well as the nervous system. One of the methodology's most foundational practices is Quantum Breathwork—a guided process that allows you to release trauma, elevate Consciousness, and shift from survival to creation.

In this chapter, I'll walk you through the foundation of what this book will explore:

- The Vibrational States of Consciousness or how emotions correspond to frequency and form the spectrum between contraction and expansion
- The Eight Areas of Life that shape the energetic architecture of your life
- The Quantum Wheel of Life as a tool or map for transformation
- The core principles that underpin the methodology
- Why breath is the bridge between thought, emotion, and manifestation—and how to work with it to create real, lasting change

At this point, it's worth taking a moment to define what I mean by *quantum*, because this word holds the key to understanding everything that follows.

When I use the word *quantum*, you may picture laboratory physics, microscopes, and equations on a whiteboard—and you'd be right to. That's where many of the great discoveries in this field were made. But what those discoveries revealed goes far beyond the lab. They showed that everything in the Universe—including you—is made of energy and information, constantly vibrating, interacting, and responding to awareness itself.

So, when I speak about the Quantum in this work, I'm referring to that same science but applied to human experience. It's the understanding that your thoughts, emotions, and breath are energetic signals that shape your biology and the field around you. This is where science meets Spirit, and where transformation truly begins.

The Vibrational States of Consciousness

I would like to introduce you to something that has profoundly shaped my life—and the lives of thousands of my students.

Across many spiritual traditions and modern scientific disciplines, one principle consistently emerges: Emotions carry frequency. Some states contract our energy, keeping us stuck in stress, survival, and fear, while others expand our energy, opening us to creativity, healing, and connection.

To translate this principle practically, I've developed a framework known as the Vibrational States of Consciousness. Inspired by modern psychology, somatic science, and spiritual traditions, this model illustrates the natural spectrum of human awareness—from the most contracted states, such as fear or shame, to the most expansive states, like love and peace.

At the very center is courage.

This is the turning point. When you step into courage, you shift from contraction to expansion—from low-vibrational states into high-vibrational states.

[Figure 1.1](#) is a visual representation of this scale. Notice how the contracted states at the bottom gradually rise into expanded states at the top—with courage as the fulcrum in the middle. Alongside the scale is a body map that highlights where these vibrational states tend to show up in the

human body. This visual is an integral part of the Dr. Espen Method because it directly links consciousness to the body, illustrating how these states influence your Energy Centers, physiology, and ultimately, every aspect of your life.

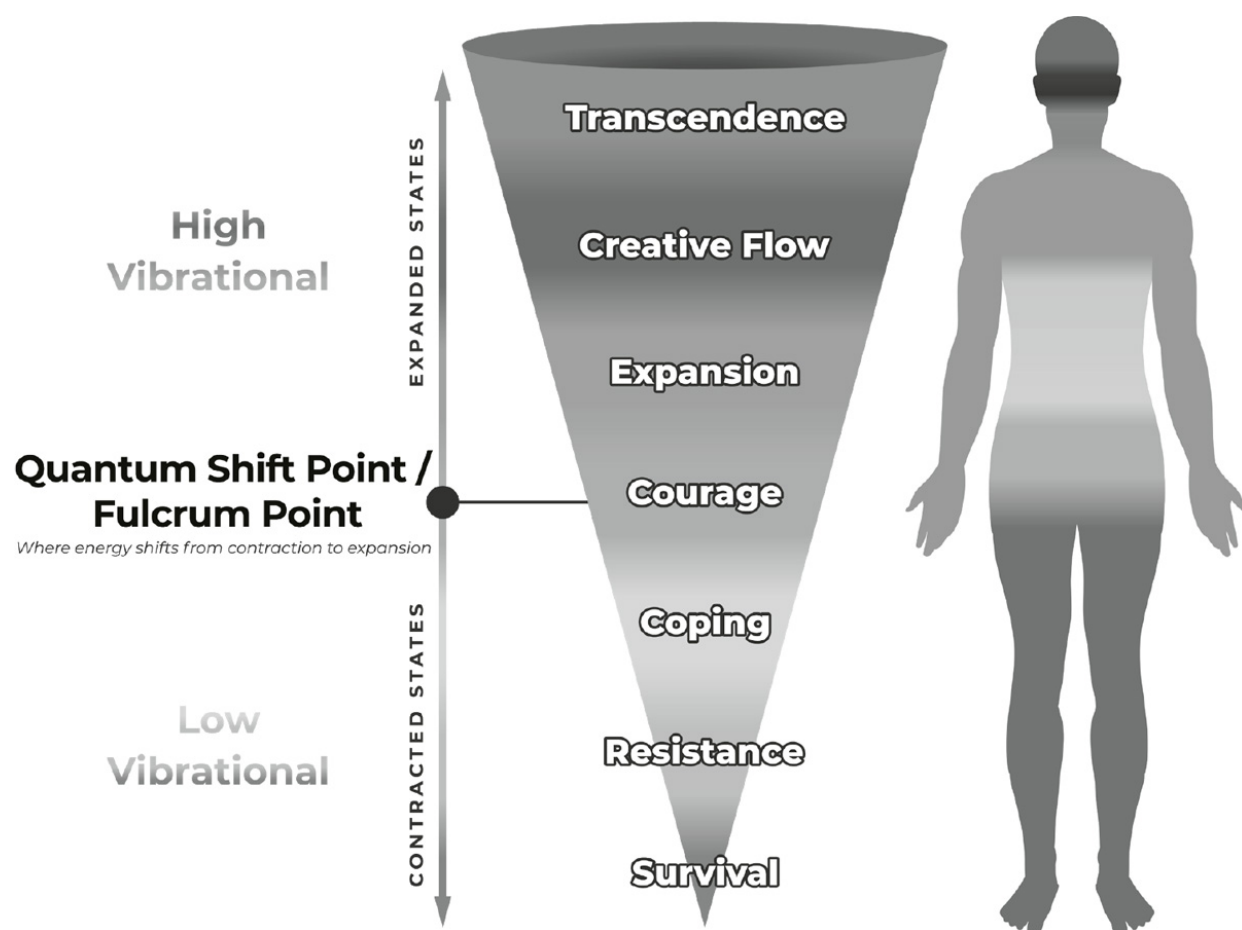


Figure 1.1: The Vibrational States of Consciousness.

NOTE: For those who want a more detailed breakdown—including the specific emotional patterns, body responses, and energetic outcomes—there's a reference table in [Appendix 1](#).

Your state of Consciousness is the lens through which you experience life.

When you're in a contracted state, your thinking narrows. Your nervous system goes into survival mode. Your body chemistry shifts in ways that make it harder to heal, create, or lead.

When you're in an expanded state, everything changes. Your body regulates. Your heart and brain come into coherence. You open to creativity

and intuition and experience a deeper connection with others.

This is why, in the Dr. Espen Method, we don't just focus on the outer actions that shape your life—we work with the inner frequency you're operating from. Because when you shift your state, you shift your vibration. And that frequency changes everything.

As we progress through each Energy Center in this book, keep this scale in mind. You'll start to notice where you tend to “live” on the vibrational ladder and how you can consciously rise into higher states—one shift at a time.

As we explore the Energy Centers and the Eight Areas of Life, you'll notice echoes of these vibrational states—fear at the root, guilt in the sacral, shame in the solar plexus, grief in the heart, and so on. While the Vibrational States of Consciousness stand as a universal spectrum, you'll see how different aspects appear in very specific ways across your own life.

The Eight Areas of Life

The Vibrational States of Consciousness is a framework for understanding how your emotional state impacts your energy. But here's the next piece of the puzzle: That energy doesn't just stay in your head or your heart. It expresses itself in every part of your body and your life.

And over the years—in my own journey and in working with thousands of students—I've seen the same pattern again and again: Whether someone is struggling with health, finances, relationships, or a sense of purpose, the root cause is most often an unconscious energetic block.

Those blocks tend to show up in eight distinct areas. I call these the Eight Areas of Life—the energetic pillars that make up the human experience. If your life is a reflection of *e-motion*, a.k.a. energy in motion, then each area is an expression of how that energy is flowing—or not flowing. Through years of study, teaching, and personal experience, I noticed another repeating pattern: Whether the challenge was physical, emotional, mental, or spiritual, the underlying imbalance could almost always be traced to one or more of these eight core domains.

They are:

Physical Health

Your body is your home. When you care for it with intention—through movement, clean nutrition, rest, and recovery—you raise your frequency and expand your capacity to hold more energy.

Mental and Emotional State

Your thoughts and feelings are electromagnetic. They shape your perception and project your vibration. Mastery begins by becoming conscious of your internal narrative—and learning how to respond, not react.

Finances

Money is energy. It's a reflection of value, circulation, and your relationship with both giving and receiving. When you heal your scarcity patterns and lack of self-worth, you open to prosperity—not just financially but in all areas.

Relationships

Every relationship is a mirror. The quality of your connections—whether intimate, familial, social, or professional—reflects your inner world. Relationships teach us presence, communication, and unconditional love.

Personal Development

Growth is the nature of life. Through learning, reflection, and transformation, we evolve into who we came here to be. Investing in yourself is not a luxury—it's a spiritual responsibility.

Business, Career, and Vocation

Your work is one of the most powerful vehicles for your purpose. True alignment occurs when what you *do* is an extension of who you truly *are*. When your mission meets your most aligned expression, impact becomes inevitable.

Spiritual Fulfillment and Purpose

Beyond doing and achieving, there is a deeper calling—to remember who you are. This area invites you to connect with Source, deepen your spiritual practice, and live in alignment with your Soul's truth.

Time and Presence

Your presence is your power. In a world addicted to urgency and distraction, the ability to slow down, be here now, and live consciously is a radical act. Mastery of time begins with mastery of the present moment.

These eight areas are not isolated—they are interconnected. Just as the Energy Centers influence one another, so, too, do these life areas. Healing one often unlocks momentum in others.

That's why in my methodology, we don't just talk about change—we *map it*. We bring these eight areas together into a powerful, energetic tool: the Quantum Wheel of Life.

The Quantum Wheel of Life

The first step to mastery is self-discovery.

Awareness is the first step toward transformation. But how do we become aware of something as vast and multidimensional as life itself?

This puzzle is why I created the Quantum Wheel of Life—the visual and functional model that represents the Eight Areas of Life (see [Figure 1.2](#)).

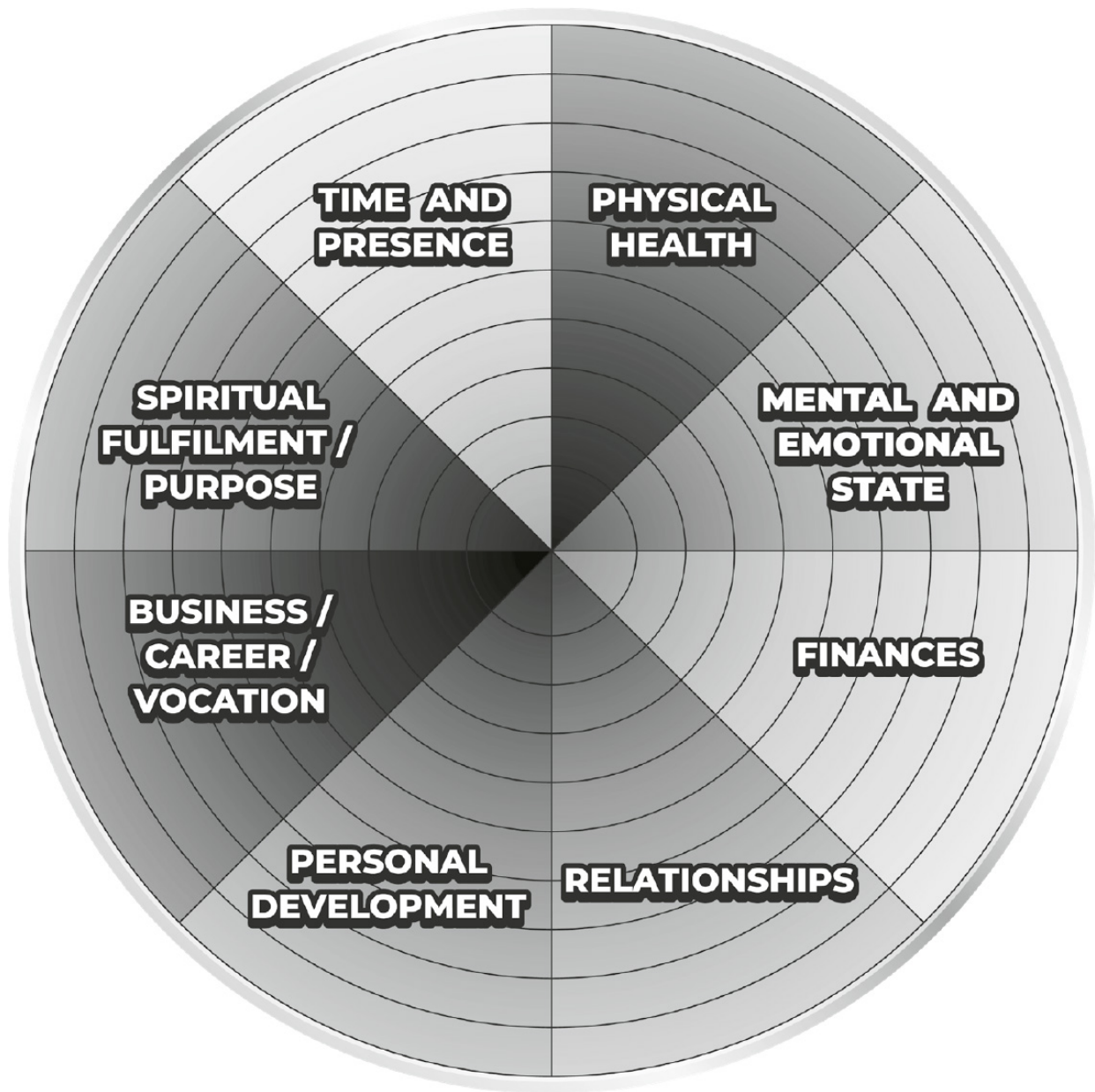


Figure 1.2: The Quantum Wheel of Life: Eight Areas of Life.

In our Quantum events and programs, this framework is used by our certified coaches to guide clients through the transformational process. This tool is both diagnostic and energetic. It allows you to assess your current level of alignment across the eight essential areas of life—and more importantly, to understand how your internal state is shaping your external results.

You can think of the Quantum Wheel as a vibrational snapshot. It's a mirror that reflects the energetic blueprint you're living from. And like any quantum system, the moment you observe it with intention, it begins to shift.

Each segment of the Wheel represents one of the eight core areas. As you reflect on each one, you're invited to rate your current level of satisfaction or resonance on a scale from 1 to 10. You'll revisit this exercise at the end of the book so you can measure your growth.

Complete Your Quantum Wheel of Life Self-Assessment

Before we dive in, I invite you to take 10 to 15 minutes to complete the Quantum Wheel of Life Self-Assessment in the online portal.

This guided process will help you evaluate all eight essential areas of your life, providing a clear snapshot of your current situation.

Be honest and reflective—this is not about where you wish you were but about where you feel you truly are in this moment.

Rating scale

1 = Currently at rock bottom, not reaching any of your potential

5 = Okay, maintaining the status quo

10 = Reached full potential, completely fulfilled, inspired, and empowered

You'll rate each area from 1 to 10 and, if you wish, reflect briefly on why you've chosen that score. Your answers will form your personal vibrational snapshot—the starting point for the transformation ahead.

You'll complete this assessment again at the end of the book so you can see your progress in black and white. Many people are amazed at the breakthroughs and shifts they experience while doing this work. Charting this progress is one of the most inspiring parts of this journey. Remember: *If you don't measure it, you cannot master it.*

But this is not just about scores or self-improvement. The Wheel is designed to activate awareness, allowing you to meet yourself without judgment and move forward with clarity. Often, the areas you avoid hold the greatest breakthroughs. When you face them consciously, you begin to reclaim the energy they've been leaking from you.

Throughout this book, we'll move through the Wheel one area at a time. Each chapter is an invitation to realign that aspect of your life—energetically, emotionally, and practically.

As you go through, I encourage you to treat the Wheel as a living reflection. Return to it. Reassess. Watch how your inner shifts are mirrored in your outer world.

When the whole system is aligned, your life begins to feel like it's working *with* you, not against you. That's when synchronicity increases, resistance dissolves, and momentum builds from a place of flow.

Core Principles of the Methodology

What makes this method quantum is not just the model—it's the mindset, the energy, and the frequency you bring to it.

At its core, the methodology is about shifting from interference to conscious creation. It's about moving from a reactive, survival-based way of living into one that is intentional, embodied, and energetically aligned with your highest Self.

Here are the foundational principles that underpin everything you're about to experience in this book:

1. You are the observer and the creator.

In quantum physics, the observer effect teaches us that the very act of observing a particle influences its behavior. In your life, *you* are the observer. Where you place your attention determines what becomes possible. You're not just watching your life happen—you're influencing it with every thought, belief, emotion, breath, and energetic state.

2. Obstacles are portals to expansion.

Every challenge you face contains within it the seed of your next level. Nothing is random. When you meet your obstacles consciously, you transmute pain into power and adversity into growth. This is what it means to turn breakdowns into breakthroughs.

3. The body is the gateway to transformation.

Change doesn't happen only in the mind. The body must be involved. Your nervous system, breath, posture, and internal chemistry all influence your frequency. That's why this work involves not just learning but *embodying*. I always say, "The feeling is the healing"—the more you shift how energy moves through your body, the more your reality transforms.

4. Healing happens through integration, not suppression.

We're not here to bypass pain or pretend everything is love and light. We're here to integrate. That means meeting the parts of yourself you've abandoned, hidden, or judged—and welcoming them back into wholeness. What you resist persists. What you integrate transforms.

5. Your vibration determines your reality.

Everything is energy. Your emotional state, your language, your environment, and your daily habits are all broadcasting a frequency. When your vibration matches the life you desire, the Universe begins to respond in kind. It's not magic—it's resonance.

6. Transformation is a daily practice.

Change doesn't come from information alone. It comes from aligned action taken consistently. This book is not meant to be read and forgotten—it's a manual for conscious transformation, a container for breakthrough, and a daily invitation to return to who you really are.

The Dr. Espen Method is built upon clear, actionable principles—principles that bridge science, ancient wisdom, and lived experience. These aren't just abstract ideas to think about; they are energetic principles you can live by. When you engage with them, life shifts—not in theory but in the very fabric of your day-to-day reality.

This is why our journey begins not with the mind but with the breath. Because the breath is the meeting place of body, mind, and energy, it's where transformation stops being a concept and becomes an embodied experience.

In the next chapter, we'll explore the science behind breathwork—how it regulates your nervous system, synchronizes your heart and brain, shapes your energy field, and even influences your biology at the cellular level. By understanding the mechanisms behind the breath,

you'll see why it's not just a tool in the Dr. Espen Method; it's the foundation.

CHAPTER 2:

Breathwork as a Core Practice

The breath is the bridge between who you've been and who you're becoming.

Before we begin the work of clearing, aligning, and activating each of the eight Energy Centers, we start with the most powerful tool we have: the breath.

Not because it's trendy. Not because it sounds spiritual. But because it works.

Breath isn't a practice. It *is* the practice.

In my experience—after guiding hundreds of thousands of people through live seminars, Quantum immersions, and healing retreats around the world—the moment the breath arrives with intention is the moment everything begins to shift.

I've witnessed this in every setting imaginable and in people from all walks of life.

Every time, the shift came from the breath.

Because the breath is the great activator, the great softener, the great awakener.

The Science of Breath

You don't need to believe in breathwork for it to work.

But once you experience it, your body will remember what your mind may have forgotten: Breath is biology.

Breath is energy.

Breath is transformation.

A keyword search across major scientific databases, including PubMed, Scopus, and Web of Science, returns more than 18,000 indexed publications related to breathing practices, with over half of these published since 2010. This is not a fringe movement. It's a global remembering.

Here's what we know:

1. Everything Is Energy: The Quantum Foundation

Everything you see, touch, and feel is made of energy—including you.

Over a century ago, Nobel Prize-winning physicist Max Planck laid the foundations of quantum theory, showing that, at its most fundamental level, matter is composed of discrete energy quanta (Planck 1920). Ernest Rutherford's groundbreaking gold foil experiment revealed that atoms consist of a tiny, dense nucleus surrounded by vast regions of space (Rutherford 1911).

Modern quantum physics has since refined this picture, showing that atoms are approximately 99.999 percent empty space. Let that land for a moment.

What you think of as solid—your body, your bones, your breath—is mostly space. It's mostly Energy, which means this isn't just a physical journey but an energetic one.

What we perceive as solid matter is, in reality, the result of energy fields interacting—the “stuff” we see and touch is simply these fields vibrating at different frequencies (Griffiths 2005; Close 2011).

Building on this understanding, quantum research has also demonstrated that these fields are not fixed. Instead, they respond to interaction and awareness itself. The observer effect shows that the simple act of measurement or observation can influence the behavior of quantum systems, suggesting that our very attention has the potential to shape reality at its most fundamental level. What we observe literally changes based on how we observe it.

Ancient traditions have long echoed this truth, describing life force energy as prana (in yogic systems) or chi (in Chinese medicine). Breath is the bridge

to this energy. And while this life force is ever-present, how we breathe determines how it moves. The breath doesn't just carry energy—it directs, transmutes, or accumulates it, which is why the first system it influences is one of the most powerful we have: the nervous system.

2. Breath Regulates the Nervous System

Breath is the bridge to life force energy, and it is also connected to one of our most influential systems: the nervous system.

Conscious breathing offers a rare gift—it allows us to voluntarily influence the autonomic nervous system, which was once thought to be entirely beyond conscious control. Slow, deliberate breathing activates the parasympathetic branch via the vagus nerve, easing the body out of fight-or-flight mode and into a state of rest, repair, and balance (Porges 2007).

Breathing at a rate of five to six breaths per minute—especially through the nose—has been shown to increase vagal tone and improve heart rate variability (HRV), both of which are strong indicators of emotional resilience and recovery from stress or trauma (Lehrer et al. 2020). HRV is more than just a measure of heart health—it reflects how adaptable we are in the face of life's challenges.

By reinforcing these patterns, we are not only calming the mind in the moment but also reprogramming the body's baseline settings. Breathwork becomes a form of neurophysiological retraining, teaching the body to default toward safety rather than chronic stress, and it lays the groundwork for deeper energetic coherence.

Once a feeling of true safety is restored, your internal systems start to work together in harmony. Nowhere is this more clearly felt than in the relationship between your heart and your brain.

3. Breath Creates Heart-Brain Coherence

When the nervous system is regulated, *conscious breathing becomes the bridge* that brings the heart and brain into harmony.

According to the HeartMath Institute, heart-brain coherence is defined as a physiological state in which the heart's rhythmic patterns become ordered and stable, facilitating optimal communication between the heart, brain, and nervous system (McCraty et al. 2009a).

When we breathe in long, steady rhythms—particularly around five to six breaths per minute—and focus on elevated emotions like gratitude or

compassion, the breath guides the heart into coherence. The rhythm of the breath sets the rhythm of the heart.

This coherent pattern then sends synchronized signals to the brain via the vagus nerve. It is also transmitted through the heart's magnetic field—measured to be approximately 5,000 times stronger than that of the brain (McCraty et al. 2009a). This field, which extends several feet beyond the body, has been shown to influence both our own brain states and, in subtle ways, the physiological states of those around us.

[Figure 2.1](#) illustrates research from the HeartMath Institute's *Science of the Heart: Exploring the Role of the Heart in Human Performance* (2016), showing the difference between coherent and incoherent heart-rhythm patterns.

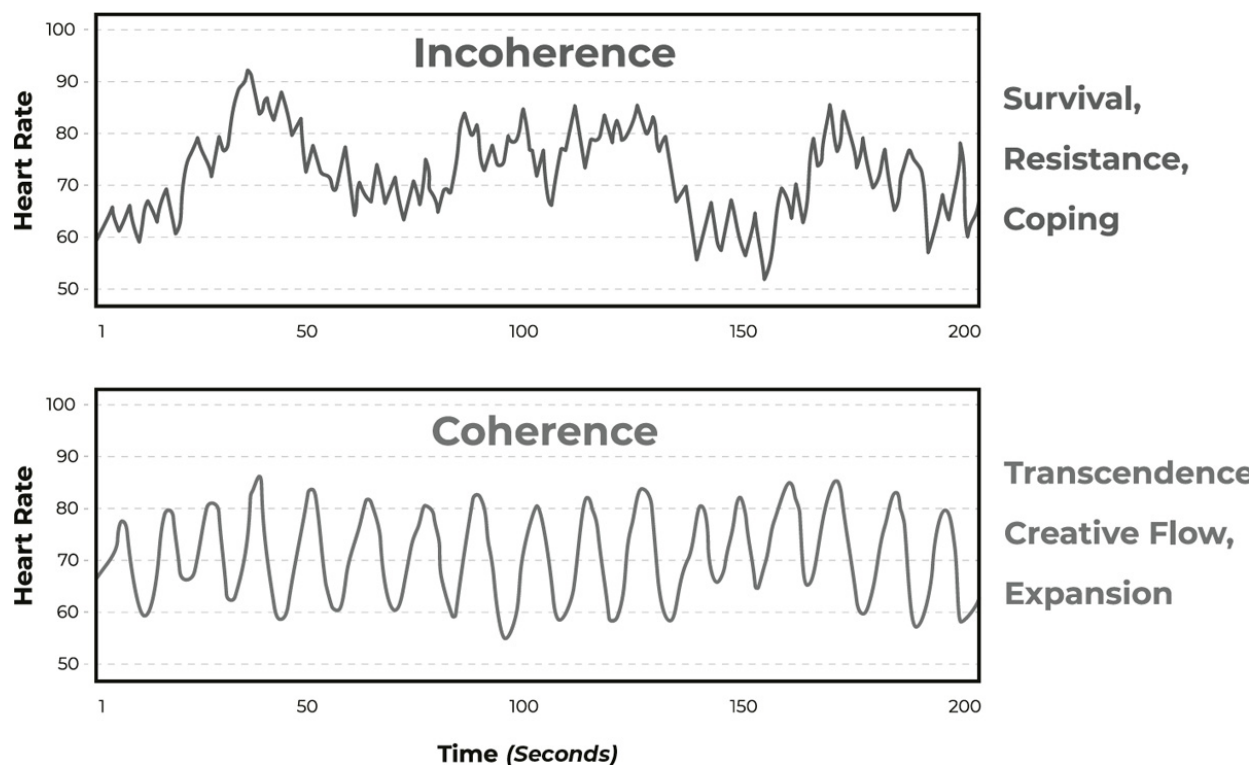


Figure 2.1: Heart-rhythm coherence and incoherence (adapted from *Science of the Heart: Exploring the Role of the Heart in Human Performance*, HeartMath Institute).

Incoherence—seen as erratic, disordered heart rhythms—corresponds with the contracted, lower-vibrational states where energy collapses inward and the heart field loses harmony. These are the survival and coping states of

consciousness, often expressed through emotions such as fear, anger, anxiety, or shame. When our breathing is shallow or irregular, these states are reinforced; the nervous system stays in defense.

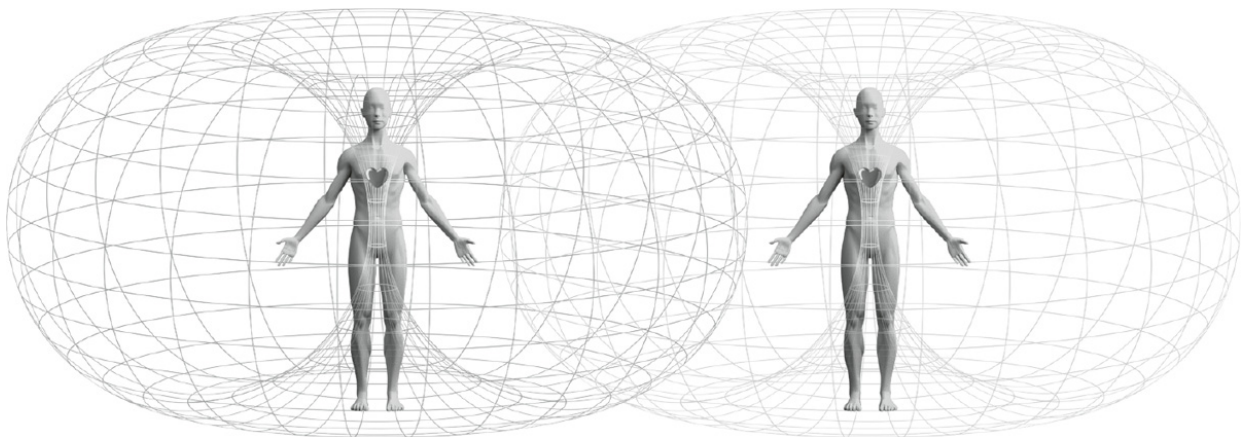
Coherence—shown as a smooth, ordered waveform—reflects the expanded, higher-vibrational states where energy flows freely and the heart, brain, and nervous system operate in synchrony. These are the growth and creation states of consciousness, associated with emotions such as gratitude, compassion, love, and appreciation. Through steady, intentional breath, we can consciously enter coherence—restoring harmony to the system.

The heart, then, is more than a physical organ. It's also a translator of energy—a bridge between contraction and expansion, between fear and love, between the survival self and the awakened self.

When heart-brain coherence is achieved, the entire system shifts into optimal performance—emotionally, cognitively, and energetically. Breath becomes the tuning fork for vibrational alignment, helping to regulate emotions, improve decision-making, and increase intuitive access.

But the heart's influence doesn't stop inside the body. The electromagnetic field it generates is part of a much larger energy flow—one that surrounds and connects us in every moment.

4. Breath and the Torus Field



This larger energy system is known as the torus field—a dynamic, doughnut-shaped pattern of energy that always surrounds and moves through you.

In physics, a torus describes a self-sustaining energy pattern that continuously flows outward from a central point, curves around, and returns to the core in a perpetual loop. The heart's electromagnetic field forms the central axis of this torus, but the field itself encompasses the full-body bioenergetic system, which extends several feet beyond the body itself. Using superconducting quantum interference device (SQUID) magnetometers, researchers at the HeartMath Institute have shown that the heart's magnetic field can be detected several feet away from the body in all directions (McCraty et al. 2009b).

In the torus field, energy flows out from the heart, travels around the body, and then re-enters through the feet or base—continuously cycling in a three-dimensional vortex. Emerging perspectives in biofield research suggest that this energy system may play a role in how the body regulates and coordinates internal processes, as well as how we relate and respond to others..

Breathwork is more than an internal regulation tool—it's a way of interacting with and shaping this field. Conscious breathwork appears to influence the coherence, power, and flow of the torus field. By harmonizing internal rhythms—such as the heartbeat, brain wave patterns, and respiratory cycles—breath can help stabilize and even supercharge the torus field's structure. This may enhance physiological regulation, emotional balance, and even the subtle energetic resonance we share with others.

When you see yourself as a living, breathing torus field, you begin to understand that each breath isn't just fueling your cells—it's sculpting the larger energy flow that both contains and connects you.

5. Breath Influences Cellular Biology and Epigenetics

World-renowned epigenetics expert and developmental biologist Dr. Bruce H. Lipton, a former research scientist at Stanford University School of Medicine and author of *The Biology of Belief* (2005), has shown that our environment—including thoughts, beliefs, and internal chemistry—can directly influence gene expression. In simple terms, your perceptions and emotions shape the biochemical environment around your cells, altering how your genes are expressed.

Breathing patterns have a direct impact on this internal environment—shifting blood chemistry, hormone levels, and inflammation in ways that can turn genes on or off. Emotional suppression (fear, guilt, shame) creates

chemical “interference” that disrupts optimal cellular functioning, while breathwork can help clear that interference, restoring balance at the cellular level.

Peer-reviewed research from the University of Oslo provides direct evidence of this connection. In a controlled study, Qu et al. (2013) found that just two hours of a comprehensive yoga and breathing program—including postures, pranayama, and meditation—produced rapid, significant changes in the expression of hundreds of genes in participants’ immune cells. By contrast, the control group (who took nature walks with relaxing music) showed changes in only a small fraction of genes. Many of the altered genes were linked to energy metabolism, immune function, inflammation regulation, and cell survival.

Breath and mindful movement don’t just change your mood—they literally change your gene expression, affecting the way your body heals, adapts, and thrives at the deepest level we know.

When you breathe with awareness, you’re not just filling your lungs with air; you are sending a signal to every cell in your body that you are aware. You are reminding your biology that you are safe, that you are awake, and that you are ready to live fully.

The Convergence of Science and Spirit

For thousands of years, wisdom keepers around the world have spoken of the breath as the bridge between body and Spirit. They didn’t have EEG or ECG machines, functional MRIs, or peer-reviewed journals, but they had experience. They knew what happens when the breath becomes conscious. They saw how it opens the heart, clears the mind, and awakens the body’s inner intelligence.

Today, modern science is beginning to catch up. Reviews in energy medicine literature consistently report that conscious breathing—especially when combined with awareness—can help clear energetic blockages, support emotional release, and promote balance throughout the Energy Centers.

Functional neuroimaging studies (fMRI and EEG) have shown that breath-centered practices that focus on inner states—such as compassion, visualization, or awareness of body-based energy—activate brain regions

involved in emotional regulation, higher awareness, and self-integration (Fox et al. 2016).

A clinical study of experienced yoga practitioners employed various breathing techniques, such as deep, slow breathing, alternate-nostril breathing, and breath of fire (*kapalabhati*). The study observed a significant enhancement in spinal energy, particularly along the vertebral column, where the chakras reside. The authors concluded that conscious breath practice can amplify bioenergetic flow through the body's primary energetic pathways, aligning closely with traditional chakra activation techniques (Malhotra et al. 2024).

This convergence between modern neuroscience and ancient wisdom suggests that breath does far more than move oxygen. It moves, transmutes, and accumulates energy.

When used with conscious intention, the breath becomes a vehicle for regulating the body and awakening the Soul.

You're not just breathing into your lungs; you're breathing through your energy field.

In my methodology, breathwork is not separate from the rest of the work—it's woven into the entire process. Each area of the Quantum Wheel of Life is paired with a specific breath "technology" or pattern, carefully designed to support the energetic shifts most needed in that domain. Whether you're clearing fear from the Root Energy Center or getting to know your purpose in life through the Third Eye, the breath becomes your companion for integration, activation, and release.

Breathwork is no longer on the fringe. It's now studied, respected, and applied in a wide range of clinical, psychological, and high-performance domains:

- Meta-analyses consistently show significant improvements in symptoms of anxiety, depression, and PTSD across diverse populations.
- Harvard, the National Institutes of Health, and other institutions confirm that even short-term breath training can lead to long-lasting mental health improvements—with benefits persisting up to a year after just one week of consistent practice.
- The Wim Hof method has demonstrated the ability to reduce inflammation, enhance immune function, and access previously

“uncontrollable” systems through breathwork alone.

We’re not just breathing to survive; we’re breathing to rewire. To remember. To rise.

How to Use Breathwork in This Book

Each chapter of this book focuses on one of the eight major Energy Centers in your body—starting from the Root and culminating with the Soul Star above the Crown.

Each of these centers is paired with a unique breathwork activation, intentionally designed to help you:

- Clear emotional interference patterns stored in that Energy Center and in the body
- Rewire the nervous system and anchor new levels of awareness
- Open to higher frequencies of consciousness, embodiment, and alignment to fill your body and being with light

You'll find these guided Breathwork Practices at the end of each chapter, after the Breakthrough Practices.

To support you more fully, we've created audio versions of each breathwork session, accessible in the online portal and in the audio edition of this book. These sessions have been professionally recorded to help you drop in deeply, safely, and powerfully—guided by the breath.

You'll be reminded at the beginning of each practice what you need to prepare (a quiet and uninterrupted space, water, a journal, and an open heart).

Breathwork Assessment: The BOLT (Body Oxygen Level Test)

Establishing Your Breath Baseline

Before you start to clear away interference, shift your vibration, and activate the dormant life force inside you—you start here: with your breath.

And, just as importantly, with your awareness of it.

The body oxygen level test (BOLT), developed by breathing educator Patrick McKeown, is a simple functional measure used to assess breathing efficiency and tolerance to carbon dioxide and the state of your nervous system. It tells you how your nervous system is functioning, how well your body tolerates CO², and how much room there is to shift into deeper states of coherence and power.

This is your breath baseline—the beginning of your recalibration.

What to Do

Sit quietly and breathe normally for a few minutes. No deep breathing. No forcing.

Take a normal inhale, then a normal exhale.

At the end of the exhale, pinch your nose, and start a timer.

Hold your breath until you feel the first physical urge to breathe—not a max hold. This might be a twitch in the diaphragm or a growing discomfort.

Inhale gently and stop the timer.

Important: This is not a willpower test. It's about the first signal to breathe—not how long you can hold.

What It Means

Less than 10 seconds: severely compromised

10–20 seconds: below average

20–30 seconds: functional, with room to improve

30–40 seconds: strong, healthy baseline

Over 40 seconds: excellent breathing efficiency

Why It Matters

This simple number gives you a tangible starting point. A before. At the end of this journey—after breathwork, breakthrough, and deep energetic shifts—you'll come back here and notice how everything has changed.

This isn't just a test; it's a moment of presence. A mirror for your nervous system. A marker of your readiness to rise. This is your invitation to move beyond concepts, to go beyond the mind, to meet yourself in the breath. Because breath isn't just the beginning; it's the way through.

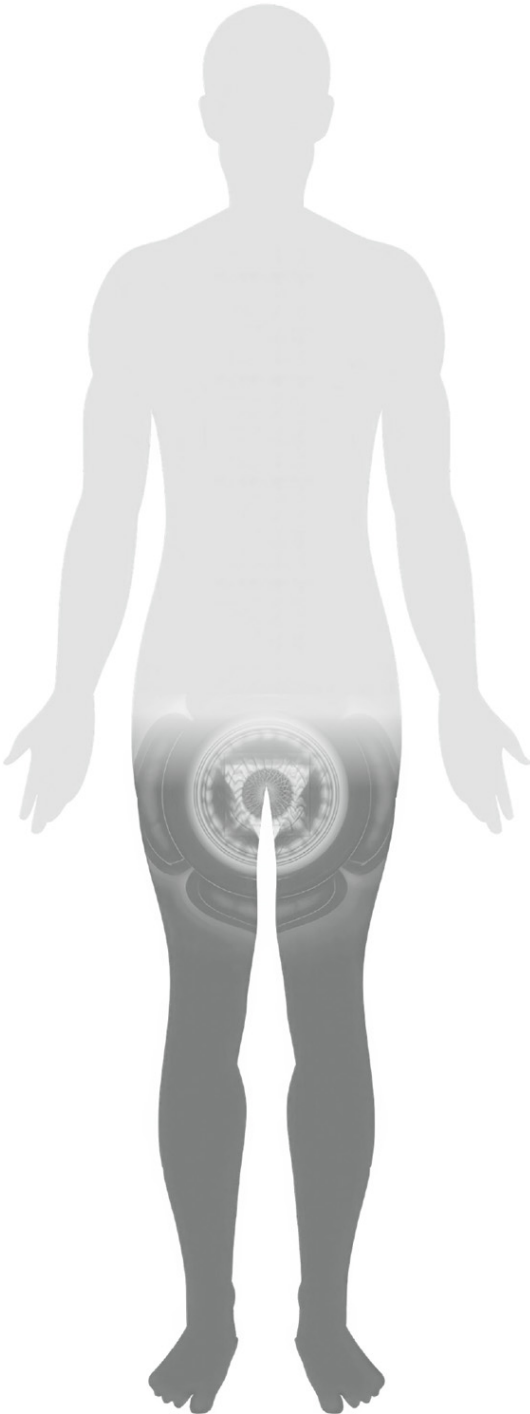
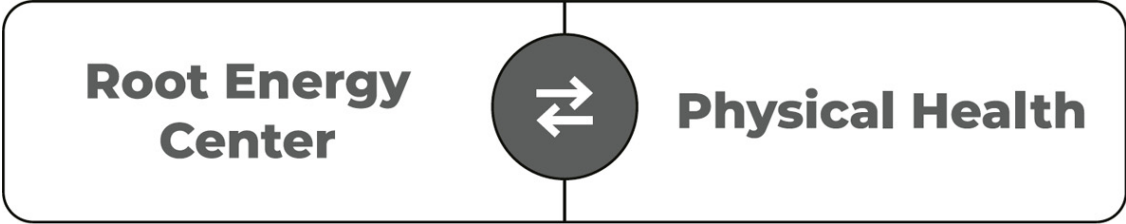
FROM HERE, WE RISE

You now hold the map, the method, and the breath to guide you.

In the chapters ahead, we'll move through each area of the Quantum Wheel of Life—clearing old patterns, activating new awareness, and anchoring each shift in the body.

We begin where all true transformation is grounded: the Root Center—the foundation of safety, trust, and energetic stability.

From here, we rise.



- Base Energy Center
- Root Energy Center
- Muladhara

Color	Red
Location	Base of spine
Body Connections	Adrenal glands, colon & bowels, bones & blood, feet & legs, lower back, base of spine
Instruments	Drums, cello, trombone, tuba, bassoon
Key	C, C#
Attributes	Material world, physical, vitality, survival, instincts, security, grounding, stability, action, perseverance, foundation
Blocked By	Fear

CHAPTER 3:

Root Energy Center— Physical Health

*When you let go of fear, the truth will appear—so simple
and clear.*

— NICK BARBER

Let's begin where all things begin.

The base. The ground. The root.

Because at the foundation is where your transformation truly starts.

This is more than theory. This is real work, real change, and a real reconnection to who you are beneath the conditioning, the trauma, the programming.

Why? Because everything is energy.

Let's start at the base, with physical health, which is connected to our first Energy Center, the place where our journey begins. This is the Root Energy Center—what's known in Sanskrit as the *Muladhara* or the Root Chakra. Its element is earth, and its color is red.

This Root Energy Center sits at the base of your spine, at the perineum. It governs your physical body, your instincts, and your sense of safety, survival, and stability. It's directly connected to your adrenal glands, legs, feet, lower back, and sympathetic nervous system, which controls your fight, flight, and freeze responses.

Recognizing the State of Your Root Energy Center

When this center is dysregulated, it doesn't just feel uncomfortable—it feels unsafe.

You might feel tired. Disconnected. Anxious. Always “on edge.” Always bracing. Life feels like a constant hustle.

It becomes hard to be still. Hard to feel. Hard to surrender. Hard to trust.

This energy shows up in the body: in the belly, legs, blood, bowels, and bones.

It can manifest as restlessness, mistrust, addiction, insecurity, or even physical disease.

You might feel out of place. Disconnected from your roots. Like you're always trying to prove you belong. And when this anxiety and fear dominate, we lose touch with what matters most: community, stability, connection, nourishment, and inner peace.

In the Vibrational States of Consciousness discussed in [Chapter 1](#), dysregulation in the Root Energy Center corresponds to the survival band of the scale, where fear, insecurity, and anxiety contract your energy field and keep you from moving upward.

This is what it feels like when the Root Energy Center is *blocked*.

But when it's clear? You are anchored. Grounded. Present. Safe. Powerful.

Your body feels like a home, not a battleground. You trust yourself. You meet your needs with presence. You feel your feet on the earth. You're organized. Motivated. Proud of who you are and where you come from.

There's a quiet knowing: *I belong here. I am safe. I am supported.*

This is the energy we're restoring. This is the foundation we rise from.

From this foundation, higher-vibrational states like courage, trust, and stability become possible.

[Figure 3.1](#) shows the imbalanced and balanced expressions of the Root Energy Center, offering a clear snapshot of how this field shifts between coherence and imbalance. As you review the table, make a note of the qualities you resonate with—both balanced and imbalanced. This will help you see whether your Root energy is grounded and steady or if fear and instability may be creating interference.

Root Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance
Persistent fear or anxiety around safety, survival, or stability	A deep sense of safety and security in daily life
Feeling ungrounded, disconnected, or lacking a sense of belonging	Feeling at home in the body and present on Earth
Overattachment to money, possessions, or material security	Healthy relationship with abundance without dependence
Difficulty trusting life, others, or the future	Natural trust in self, others, and life processes
Chronic stress, restlessness, or nervous system hypervigilance	A calm, regulated, and resilient nervous system
Neglect or overindulgence of basic physical needs	Balanced care of the body and foundational needs
Disrupted relationship with food or nourishment	Intuitive, stable, and nourishing eating habits
Physical issues affecting the lower body, digestion, or circulation	Vitality, strength, and physical resilience
Feeling constrained by family conditioning or inherited beliefs	A grounded connection to ancestry without limitation
Difficulty maintaining stability in work, home, or routine	A rooted, steady presence that supports daily life

Figure 3.1: Core expressions of imbalance and balance of the Root Energy Center.

The Interference: Fear

Everything is energy. *Everything.*
 This isn't just a metaphor—it's science.

Your body—what feels so solid and physical—is actually made of energy. Vibrating atoms. Fields of frequency. And 99.999 percent of it is empty space. That’s right, you are “spaced-out”! This means the journey we’re on together isn’t just physical. It’s energetic. It’s quantum, because you are quantum. And it starts at the root.

The Root Energy Center is the slowest and densest of the eight Energy Centers we will work with in this book. It governs the most primal aspects of your life: food, shelter, survival, family, tribe, your sense of belonging, and perhaps most importantly, your physical health.

This is the part of you that asks:

Do I belong here?

Am I safe in my body?

Is it fully safe to simply be me?

Before we rise into the higher Energy Centers—into insight, intuition, and spiritual expansion—we must first reclaim this foundation. We must anchor into the base, because if we don’t, we can easily wander and get lost. In my Quantum seminar immersions, I don’t guide my students to level up and reconnect with their higher Self until we’ve gone deep into the body first. Deep into the subconscious parts of their body and nervous system. Deep into the places where fear lives.

If you cannot be grounded and present in your body, it will disrupt the flow in every other center.

So, we start here.

Not because it’s easy, but because it’s essential.

You’ve heard some of my own story—one that has included incredible loss, grief, and fear. Fear doesn’t always show up the way you expect it to. Sometimes it looks like anger. Sometimes withdrawal, and often as stress or flight-or-fight.

For me, fear disguised itself as performance. Perfectionism. Chasing outcomes. But underneath that drive was something much deeper—the fear that if I wasn’t successful, I might not be loved. That if I didn’t “save the world,” I would not be accepted or “good enough.” Can you relate?

Fear is what keeps people stuck. Fear is what keeps you running. Fear is what traps your nervous system in survival mode, unable to rest, unable to create, unable to receive.

Those who want to control, manipulate, or suppress people know this. They aim to keep you stuck in fear, because a person stuck in fear can’t

think clearly. A person in fear doesn't trust themselves or their instincts. A person in fear doesn't feel safe governing their own life, so they become submissive and obedient.

But here's what I want you to know:

Fear is not real to the Soul.

It's real in the body. It's real in the mind. But it is not real to the essence of who you are. Your Soul—what I often call the state of unconditional love—does not fear. It only loves. I know this might seem woo-woo if you're new to this science and way of life, but if you have awakened, you know and feel this to be true.

Every fear has an origin. It might not be logical. It might not be obvious. But it lives inside your body—stored in your cells and nervous system, often buried in the subconscious.

For many people, fear began long before adulthood. It is imprinted in early experiences, woven into family dynamics and into moments you may have consciously forgotten, but your body always remembers. As the saying goes, “The body keeps the score.”

But when that fear is finally met—when you face it through breakthrough and breath—something extraordinary happens.

I've witnessed it time and again. Linda attended my Quantum Retreats after undergoing nine major shoulder surgeries. Doctors told her she would live with only 7 percent of her mobility restored. She could barely lift her arm. Yet as she moved through the breakthrough process and then into the breathwork, everything shifted. She described warmth flooding her body, tears streaming down her face, and by the end of the breakthrough and breathwork, she lifted her arm in full range for the first time since the operations.

But the change wasn't only physical. She told me her mind felt clear, the emotional block of fear and stress she'd carried for years had dissolved, and she felt spiritually grounded in a way she hadn't experienced before.

This is the power of combining breakthrough with breath. Fear transforms into freedom. The body remembers how to heal.

So, in this chapter, I will ask you to go there. Not to fight fear. But to face it, to feel it fully. Because fear is energy too. So, together, let us transform your fear into fuel!

In this chapter, we'll activate your Root and bring you fully back into your body by rewriting your story from being a victim of your history to

becoming a master of your destiny. We'll activate your Root using sound and intention. We'll uncover the origin of your fear.

We'll collapse the old stories and rewire the nervous system. And we'll close with a deep integration process to bring you back into alignment with the safety and power that has always lived inside you, now ready to be reawakened.

Because you are not here just to survive.

You are here to thrive.

BREAKTHROUGH PRACTICE 1: TURNING FEAR INTO FUEL

Purpose: To meet the unconscious fear pattern that may be negatively impacting your life

Fear often operates beneath awareness, lodged in the nervous system and body. This practice will help you meet it directly so that it can be released.

When we process emotionally charged experiences by writing about them—especially those experiences rooted in fear or trauma—we activate the brain's emotional regulation centers and begin to rewire our responses. In one study, participants who wrote about a specific fear or painful event experienced significantly less distress, avoidance, and anxiety about those fears or events compared to those who didn't (Stapleton et al. 2021). The simple act of expressive writing can help metabolize fear, giving the nervous system a chance to integrate and release what has been stored.

When combined with mindfulness and somatic awareness, like breathwork or energy activation, the effects are even more profound. Mindfulness-based practices have been shown to lower stress markers, improve physical health outcomes, and support nervous system regulation (Brown et al. 2017). That's why the work you're about to do isn't only emotional—it's neurological.

This practice isn't about dwelling in fear. It's about meeting it consciously, giving it a voice, and creating space for release.

Before we begin, I need to ask: Do I have your permission to guide you into an uncomfortable space? A space where you may meet a fear you have

carried for years, so you can feel it and finally let it go? If so, please say yes out loud.

Read This Before You Start

This breakthrough involves a reflective closed-eye process. Read through the whole process before beginning. Once you've taken in the flow of step 2, close your eyes and move through the process slowly, with presence. Give yourself space to drop fully into the experience—this is not something to rush. Let your awareness expand. Let your body lead.

You'll need:

A quiet space where you won't be disturbed for 15 to 30 minutes

A journal or a blank piece of paper

A pen

An open heart

Preparation:

Before we go into the breakthrough, prepare your body. Breathe. Move. Feel your feet on the earth. Be here.

Stage 1: Remember Who You Are

Do you:

Believe that you are solely the body, as in physical flesh and bone (matter) only?

or

Believe that you are a Soul, a Spirit having a human experience (Spirit and matter)?

At my seminars, more than 90 percent of people raise their hands when I ask if they believe they are more than flesh and bone.

The space that makes up nearly all your body isn't empty at all—it's teeming with energy, intelligence, and potential.

You are not merely a body. You are not your thoughts.

You are the Consciousness that observes them.

And from that place of awareness, you are truly limitless.

If you are Spirit . . .

If you are Soul . . .

If you are a living energy field (or whatever you wish to call it), could it be that life didn't happen *to* you . . . it happened *for* you?

You cannot change the past. You cannot change what happened. But what you can change is the *meaning* you give it.

Remember who you are and the power you have to shape the meaning of your experience.

Stage 2: Closed-Eye Process

Sit or lie down somewhere safe. Close your eyes. Take a deep breath. Then another. And one more breath—even deeper still.

Now, move your awareness:

- To the top of your head—your Crown
- Then, to a point three feet above your head
- And finally, to a point six feet above your head—the field of Soul Intelligence

From this vantage point, imagine scanning across the entire timeline of your life.

With your awareness expanded, ask to be shown the *memory of your greatest trauma or fear*. Trust what arises. You may see an image, feel a sensation, or simply know. There's no right or wrong here.

Now, take a slow, steady breath in through your nose and exhale gently through your mouth.

Whatever has come up for you, simply *observe* it. You don't need to analyze or change anything—just witness it from this expanded awareness.

If it feels intense, imagine breathing a soft light through the center of your chest, allowing that light to soothe and stabilize the body.

Notice where you feel the memory or emotion. Stay curious, not judgmental.

You are safe. You are the observer, not the experience.

When you feel complete, begin drawing your awareness back down from six feet above your head, to three feet, to the Crown, and, finally, fully back into the body.

Take another deep breath, feel your body supported by the surface beneath you, and when you're ready, gently open your eyes.

From this grounded awareness, you can begin to put what you've seen into words.

Stage 3: Writing Integration

Take a fresh page and write: What is my earliest or strongest memory of trauma or fear?

Start journaling and keep writing until you feel complete. Let yourself drop into memory. Trust your subconscious to guide you.

You may wish to ask yourself:

- Was it with my mother? My father? Someone else?
- Whose love did I crave most, growing up?
- Who did I have to be in order to feel safe, accepted, or enough?
- What happened?
- Where was I?
- What did I feel?

Let the answers come. Stay with the breath.

This is not about blame. This is about awareness. You are not your past, but you must meet your past to set it free.

Embodiment: As you write, notice your body. Are there sensations? Emotions rising?

- Breathe into them.
- Stay open.
- Stay grounded.

Remember: You are not reliving the trauma—you are reprocessing it through presence.

You are not this fear.

You are the one who is witnessing it.

Summary Prompt: Write the following sentence:

My greatest fear is _____.

Don't overthink it. Don't filter it. Let the answer rise from your body. It may surprise you. It may hurt. That's okay. You're not here to run from it. You're here to meet it.

In my three-day live Quantum Retreats, after guiding my students through the same questions you're about to answer for yourself, I ask each person to stand up, take the stage, and name their greatest fear out loud in front of hundreds of people.

You are welcome to stand up and do so yourself now if you wish.

Why? Because when you feel it, you can heal it. And when you bring it into the light (a.k.a., into awareness), it starts to lose its power over you.

Stage 4: Reframing the Story

Now that you've met the fear and traced it back to its earliest imprint, it's time to bring in the next layer of transformation.

This is where we start to see the story differently, not by pretending the pain didn't happen but by recognizing that even the darkest moments encode within them the seeds of growth, resilience, and Soul evolution.

We are not here to bypass the pain. We are here to hold both sides—the shadow and the gift.

This is what I call the *depolarization and equilibration of the nervous system*—when we integrate both the perceived drawbacks *and* the hidden

benefits of what happened.

Use your journal or start a fresh page. Draw a line straight down the middle.

Label the left side: *Drawbacks*. Label the right side: *Benefits*.

Start with the left column. List **three ways** this fear—or the event that incited it—has negatively impacted your life. No more than three. Be clear and concise.

Examples:

- It made me distrust others.
- It made me shrink or stay small.
- It disconnected me from my body.

Now move to the right column. This is where your ego may resist—and that's okay. Sit up tall, take a big breath into your heart, and stay with me.

List as many benefits as you can that came from this experience. They may relate to your character, your compassion, your boundaries, your purpose, your business, your relationships, or all the above.

Examples:

- It taught me how to hold space for others.
- It made me fierce about protecting my children.
- It led me to the healing path.
- It showed me what love is *not*.

Keep writing until your hand wants to stop—and then take another big breath and push even further.

Remember, the mind wants to stay stuck in the story. But the Soul sees and knows nothing but love and gratitude.

The more benefits you uncover, the more you rewire your brain to experience coherence, not chaos. The more you depolarize the story, moving from victim to victor, the more space you create for freedom.

Keep pushing until you have listed **a minimum of 100** benefits. Yes, 100! You can do this!

Finish this practice by reading over each of the benefits, then sitting in stillness for a few minutes. Let the story dissolve. Let the wisdom settle, let the gratitude for how life happened for you and through you become a part of your being.

Stage 5: Returning to Love

You've done something extraordinary:

You've named the fear. You've traced it back to its earliest roots. You've begun to rewire the narrative.

As I often say, "Change your story—change your life."

But we don't stop at awareness. Because awareness brings insight, but love is what brings the healing.

You're not going to analyze anything now. You're just going to speak from your heart: To the person. To the situation. To yourself. Using only the language of your Soul:

"Thank you. I love you."

This next practice is designed to bring closure, gratitude, and higher truth to a person, situation, or version of yourself connected to the original wound.

It's one of the most powerful tools we use in our Quantum Retreats—and I've witnessed, time and again, how it creates profound emotional release, healing, and clarity.

You're going to write a letter. Not from your ego. Not from your intellect or from blame. But from your Soul to *their* Soul.

This letter may be addressed to the one who hurt you. It may be to a parent. It may be directed at a group of people, a situation, or yourself. It may even be to the version of you who was simply trying to survive.

But this letter has one very important rule: It can only contain two primary life force energies—"Thank you" and "I love you."

That's it. No justification. No blame. Just the pure frequency of unconditional love, flowing from the intelligence of your Soul.

On a new page, write:

Dear [name or situation],

Thank you. I love you.

Now keep writing. Let your heart speak. Say (in writing) what you never got to say. Let your breath stay deep. Let your truth pour out.

Suggestions:

- *If it weren't for you, I never would have* (add a benefit) . . .
- *You taught me* (add a benefit) . . .
- *I now see that this happened for me because* (add another benefit) . . .

Let the page become what your body has held for too long.

This is your release. This is your rewriting—your rewiring—from fear to love. This is your return, fully, to your sacred body.

You are not writing to the personality or the behavior; you are writing to the Soul behind the story.

As you write, you set yourself free. Keep writing until you feel complete.

Close the practice by placing both hands over your beautiful beating heart. Breathe deeply. Feel the truth: You are not broken. You are becoming.

SOUND ACTIVATION: THE POWER OF *LAM*

To complete this practice, we activate the Root Energy Center using sound and vibration. The sound associated with the Root Energy Center is *lam* (pronounced *lahm*). This is more than a sound—it is a frequency. A vibration that restores your sense of safety, stability, and belonging.

Sit tall. Close your eyes. Bring your awareness to the base of your spine.

Take a deep breath in through your nose . . .

And on the exhale, let the sound *lam* vibrate gently through your lips and into your body.

Again. Deep breath in . . .

"Laaaammmmm."

One more time. Deep breath in . . .

"Laaaammmmm."

Feel the vibration resonating in the base of your spine, through your legs and feet, and into the earth itself. Let it anchor you in the knowing that you are safe, grounded, and supported.

Each time you see the number one, let it remind you of your first Energy Center—the Root. It's the vibration of grounding, stability, and trust in life itself.

This simple awareness reconnects you to your foundation—anytime, anywhere.

BREATHWORK 1:

Quantum DMT Breathwork 1

The full breathwork facilitation is available in the online portal.

This is the breath that both grounds and expands you. The breath that anchors your awareness deep into your body. The breath that reminds you: *You are safe here.*

The breath that feels like “home.”

To give you a sense of what’s possible with this practice, let me share a story from our seminars.

Amanda arrived carrying pain she had lived with since she was seven years old. Her hip would lock up with excruciating intensity—a “10 out of 10” on the pain scale, in her words. For decades, she hadn’t been able to sit cross-legged on the floor.

During the breathwork, Amanda described her experience as if she were floating above the clouds, repeating to herself, “I am healed. I am healed.” By the end of the session, she was sitting cross-legged with no pain for the first time in her adult life—tears of relief streaming down her face.

This is the kind of opening that becomes possible when you meet the breath fully. Each time you step into the practice, you give your body, mind, and Spirit permission to remember their innate capacity to heal.

This breathwork is designed to:

- Activate the Root Energy Center through rhythmic, grounded breathing
- Stimulate the nervous system and lower Energy Centers
- Transmute fear into safety, presence, and physical embodiment
- Strengthen your connection to the Earth and your body

CLOSING INTEGRATION

Take a moment to breathe.

Feel the weight you've released. The freedom you've reclaimed. The love you've remembered.

Your Root Energy Center is no longer just a concept—it is a living, pulsing part of your awakened energy field.

Return to this chapter and repeat the practice, the breath, or both whenever you feel ungrounded, unsafe, or unsure. These practices are not onetime exercises. They are ongoing invitations to meet yourself.

Let this be your reminder, your mantra:

I am safe.

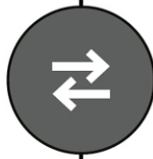
I am supported.

I am grounded.

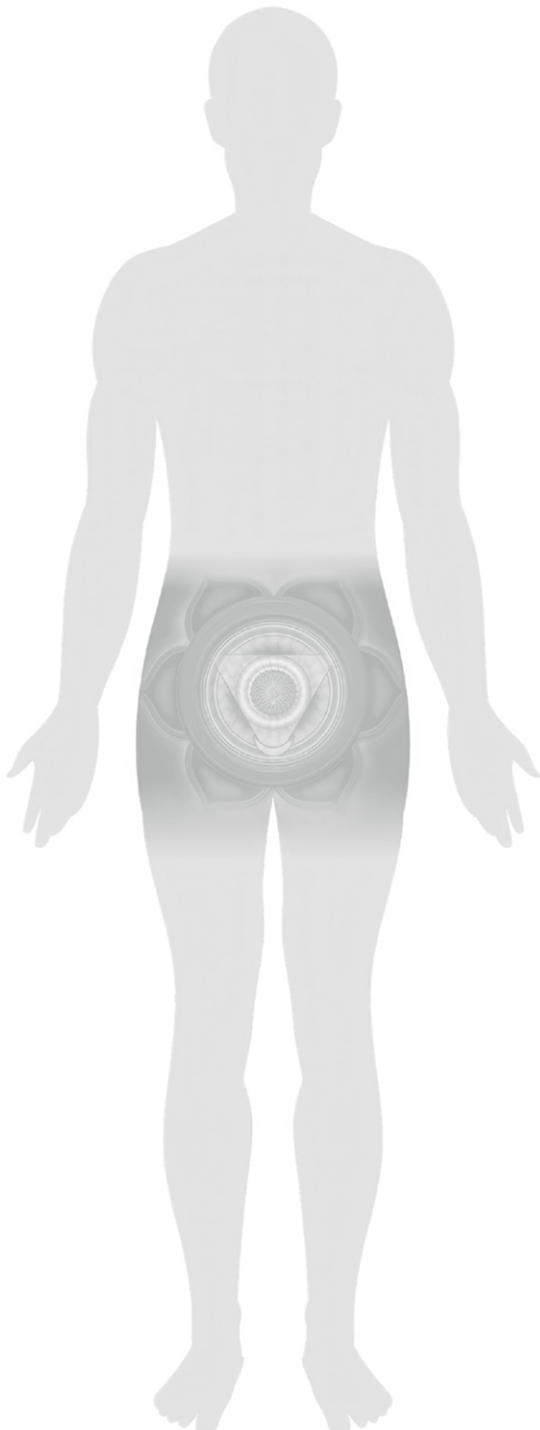
I am here, I am that I am, and I am free!

Before we rise into the second Energy Center—the domain of creativity, flow, and emotional liberation—take a break to move your body in whatever way it wants to move. Take at least five minutes to fully release any remaining “issues in the tissues.” Exercise, dance, scream, shake, laugh, cry, take a nice shower or a bath, and fully express yourself as you celebrate your transformation!

Sacral Energy Center



Mind and Emotional State



- Sacral Energy Center
- Spleen Energy Center
- Svadisthana

Color	Orange
Location	Between pubic bone and navel
Body Connections	Reproductive, organs, bladder, bowels, hips, lower abdomen
Instruments	Woodwinds, flute, guitar
Key	D, D#
Attributes	Emotions, relationships, control, sensuality, pleasure, desires, sexuality, creativity, healing
Blocked By	Guilt

CHAPTER 4:

Sacral Energy Center— Mind & Emotional State

*Guilt is not who you are. It's an interference. A distortion.
And once seen clearly, it can be released.*

Welcome to the second portal. This chapter addresses your mind and emotional state—the space where thought meets feeling and emotion flows like water through your body and life.

If the last chapter brought you back into your body, this chapter brings you back into your flow—the sacred space where aligned thought, emotion, creativity, sensuality, and expression meet. This is the part of you that feels. The part of you that creates. The part of you that longs to be fully, unapologetically expressed in your own unique way.

This is the domain of the Sacral Energy Center—the Sacral Chakra, known in Sanskrit as *Svadhithana*. Physiologically, this center is anchored in your lower abdomen—between the pubic bone and the navel—and connects with the reproductive organs, kidneys, bladder, hips, and the body's water/fluids. Its element is water and its color is orange.

When this center is active and coherent, it becomes a source of vitality, pleasure, passion, and profound creative flow—not only in art or intimacy but also in life.

This is where we shift from doing to *being*.

Exploring Thoughts and E-motions

Regardless of where you live or what your skin color, creed, age, sex, or social standing is, one truth remains universal: The quality of your life—and your ability or inability to manifest the life of your dreams—depends on two primary pillars: thoughts and emotions.

If your primary emotions—the ones you feel most frequently throughout the week—are rooted in procrastination, hesitation, frustration, desperation, or depression-like thoughts and feelings, you'll likely perceive your quality of life as low. Conversely, if your predominant emotional states are love, peace, joy, enthusiasm, and gratitude, your perceived quality of life will be high. Is that a fair statement?

The quality of your thoughts and emotions literally = the quality of your life.

E-motion = Energy in Motion: The Law of Conservation of Energy

Have you heard of the scientific fact that energy cannot be created or destroyed?

This principle is known scientifically as the law of conservation of energy, which states that energy cannot be created or destroyed—only transformed.

In metaphysical terms, this concept is often described as the law of transmutation. It offers a powerful way to understand our emotional world: our emotions—E-motion, or energy in motion—don't disappear; they shift, transform, and carry forward into new forms. Research in psychology and neuroscience supports this understanding, showing that unprocessed emotional experiences do not vanish, but continue to influence our physiology, behaviour, and perception over time (Gross, 1998; van der Kolk, 2014).

Understanding this dual framing gives us both scientific grounding and spiritual insight, and, more importantly, it empowers us with the awareness that our emotional energy, including guilt, is not lost—it can either be stuck in the body creating dis-ease, or consciously redirected and transformed.

The Neuroscience of Thought, Feeling, and the Field

To fully understand the multidimensional human experience, we must first look to the temple of consciousness: the brain.

Thought originates predominantly in the neocortex, the most evolved part of the human brain. The neocortex includes:

Prefrontal cortex: Governs executive functions such as planning, decision-making, and imagination. It is the seat of conscious thought and the inner narrator of the mind

Parietal lobes: Involved in spatial reasoning and perception

Temporal lobes: Process language, sound, and memory encoding

These areas create linear, rational, and sequential interpretations of the world. The neocortex, particularly the left hemisphere, often reflects what we might call the *masculine principle*—that which is logical, directive, and “electric.”

On the other hand, emotion arises deeper in the limbic system, an older evolutionary structure that predates rational language:

Amygdala: The processor of primal emotions such as fear and aggression

Hippocampus: Tied to memory and emotional association

Hypothalamus: Connects emotional arousal to physical response via the autonomic nervous system

These areas of the brain are nonlinear, intuitive, and responsive. The right hemisphere—more attuned to emotion, intuition, and spatial awareness—embodies the *feminine principle*: receptive, magnetic, and felt.

As Dr. Joe Dispenza reminds us, “Thoughts are the language of the mind and emotions are the language of the body.”

When the prefrontal cortex (thought) and limbic system (emotion) are in coherent communication, the body experiences neurological harmony. When they are in conflict, we experience stress, incoherence, and dysregulation across the nervous system and, eventually, in the biofield.

[Figure 4.1](#) illustrates how these regions correspond to the “masculine” and “feminine” principles within the brain and how coherence between them creates neurological harmony. This representation is not intended to depict left- or right-brain hemispheres but rather the different functional regions of the brain that interact across both hemispheres to express the complementary principles of masculine (thought, logic, direction) and feminine (emotion, intuition, connection) energy.

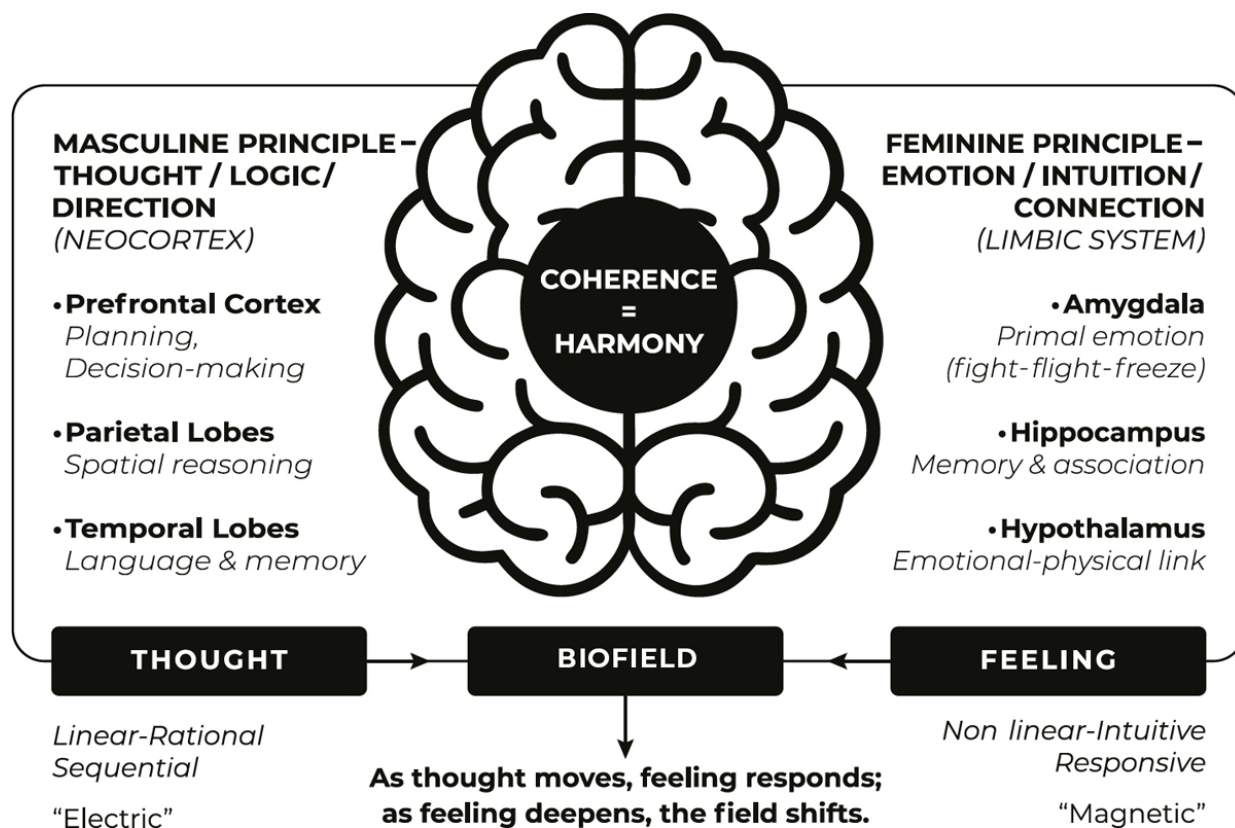


Figure 4.1: The neuroscience of thought, feeling, and the biofield.

This interplay between thought and feeling doesn't stop in the brain—it extends into the electromagnetic field of the body itself. What happens within the neural pathways becomes mirrored in the energetic field around us, where the electric and magnetic forces of consciousness shape how we experience and create reality.

All electromagnetic waves have two poles: an electric field and a magnetic field.

Thought is *electric* in nature. It projects. It initiates. It sends a signal into the Quantum Field.

Emotion is *magnetic*. It draws. It attracts. It defines the vibrational match of that which returns.

This is the sacred union of the masculine and the feminine within. Every time we think a thought, we emit an electrical signal. Every time we feel an emotion, we generate a magnetic charge. Together, thought and feeling form the electromagnetic field of the heart and body—our personal signature within the Quantum matrix.

As we explored earlier, the heart's electromagnetic field is 60 times greater than that of the brain, and its magnetic field is up to 5,000 times stronger, measurable several feet from the body (McCraty et al. 2009a). But what does this mean, *here*, in the context of healing?

It means the heart is more than just a pump. It's a transmitter. A field generator. A quantum gateway that doesn't just respond to your environment—it shapes it. It is through this expansive field that our hearts interact with the Quantum fabric of space-time and energetically resonate with people around us. Every beat is broadcasting a signal, and when you tune that signal to love, compassion, and coherence, you change everything.

The Role of Thought and Emotion in Health and Healing

From a physiological perspective, when thought (prefrontal cortex) and emotion (limbic system) are aligned, we enter what is known as *heart-brain coherence*—a state measurable by HRV (heart rate variability). This is associated with:

- Decreased inflammation
- Enhanced immune function
- Accelerated healing
- Expanded states of consciousness

From a metaphysical lens, this coherence places us in alignment with the Zero Point Field—a space of infinite potentiality. It is here that manifestation accelerates. The clear thought of what we desire, united with the elevated emotion of gratitude, love, or joy, collapses potentiality into reality. This is the formula for conscious creation.

Bridging Science and Spirit

In the ancient world, this union was known by many names:

In Taoism, it is *yin* and *yang*.

In Kabbalah, it is *Chokmah* and *Binah*.

In Hermetics, it is *polarity*.

In the Bible, we find it in Genesis 1:27: “So God created mankind in his own image . . . male and female he created them.”

In Vedic science, it is Shiva and Shakti—the masculine and feminine energies in cosmic dance.

In the Qur’an, Surah 51:49 describes this duality as part of divine creation: “And of everything We have created pairs, that you may remember.”

In Buddhism, it is embodied in the balance of Sunyata (emptiness) and Karuṇā (compassion), wisdom and heart—twin aspects of enlightenment.

In Sufism, the mystical branch of Islam, the union is found in the dance between Jalal (majesty/strength) and Jamal (beauty/gentleness)—reflecting divine polarity within the Soul’s journey.

In many Indigenous cultures, such as the Native American Lakota tradition, harmony is upheld through the sacred balance between Father Sky and Mother Earth, representing the universal masculine and feminine principles.

In modern terms, we refer to it as *neuro-metaphysical integration*—the conscious integration of mind and heart, logic and love, signal and frequency.

This is how the Quantum state is activated, not from bypassing emotion in favor of intellect, nor drowning in feeling without direction. It is through the sacred marriage of thought and feeling, science and Spirit, electricity and magnetism.

This union reshapes the field. It is this union that heals. And it is this union that manifests destiny.

Flow State

In neuroscience, some refer to flow state as *transient hypofrontality*—the slowing down of the prefrontal cortex, where analytical thinking occurs (as less blood, glucose, and oxygen flow to this region), allowing us to drop into the state of flow (where other parts of the brain become active). This is the sacred space where the mind, body, and energy become one. We are no longer separate from life—we *are* life, expressing itself through us.

The surfer is one with the wave.

The artist is one with the brush.
The speaker is one with the word.
The musician is one with the instrument.
The awakened human is one with their breath.

Recognizing the State of Your Sacral Energy Center

The Sacral Energy Center is the wellspring of movement, emotion, and creation. It governs how we experience pleasure, passion, intimacy, and the flow of life itself. It is here that emotion turns into energy, and energy into expression—the dance of giving and receiving that fuels creativity and connection.

On the Vibrational States of Consciousness scale, guilt sits in the lower, contractive band. Its vibration pulls energy downward, disrupting the flow that should rise freely through the Sacral Field. When this happens, life force stagnates. Emotion becomes heavy. The river of creation that once moved through you slows to a trickle.

[Figure 4.2](#) summarizes the indicators of an imbalanced and balanced Sacral Energy Center. As you explore the table, make a note of each quality you resonate with—both imbalanced and balanced. This reflection will help you see whether your energy in this center tends to move with ease or feels a little out of rhythm.

Sacral Energy Center: *Core Expressions of Imbalance and Balance*

Indicators of Imbalance	Indicators of Balance
Compulsive, obsessive, or controlling patterns	Strong self-respect and healthy self-esteem
Addiction or reliance on external stimuli to regulate emotion	Clear personal boundaries and the ability to maintain them
Suppressed emotions or inability to express feelings	Confidence in saying “yes” or “no” when appropriate
Persistent guilt, shame, or unprocessed emotional weight	Clear intuition and trust in gut instincts

Confusion, fear, or fixation around sexuality or desire	Feeling empowered and in charge of one's life
Difficulty releasing past experiences or trauma	Awareness of personal freedom and conscious choice
Tying self-worth to achievement, possessions, or approval	Assertiveness without domination of others
Overindulgence or denial of basic emotional or physical needs	A strong, authentic sense of identity
Emotional dependence on people, relationships, or outcomes	Motivation, drive, and the ability to follow through
Decisions driven primarily by fear, money, or desire	Courage to act, adapt, and take responsibility

Figure 4.2: Core expressions of imbalance and balance of the Sacral Energy Center.

When this Sacral Energy Center is open and coherent, life feels fluid and inspired. You move with expression, presence, and creative ease. Emotions flow through you rather than define you, and your relationships reflect this natural reciprocity of giving and receiving.

When the field becomes blocked or depleted, the current of life constricts. You may feel emotionally numb, creatively uninspired, or disconnected from pleasure and intimacy. Some people suppress emotion entirely; others oscillate between intensity and emptiness. Both represent the same energetic imbalance—a loss of joy and the rhythm within the flow of creation.

In a balanced Sacral Energy Center, desire feels sacred and safe. Pleasure is experienced without guilt or excess. The masculine and feminine energies move together—doing and being, giving and receiving—in harmonic rhythm.

As we move deeper, we'll explore what causes this interference in the Sacral Center and its associated areas and how to restore the natural current of creation that flows through you.

The Interference: Guilt

At the root of imbalance in this center lies the frequency of *guilt*—an emotion that contracts energy, suppresses pleasure, and halts your creative current.

Guilt is a dense, destructive, downward-pulling frequency that stalls emotional movement and prevents energy from rising freely through the body. When guilt takes hold, life force begins to stagnate.

Through my own healing journey, I've come to see that guilt doesn't just influence how we feel; it changes how we *flow*. It contracts the body's electromagnetic field and limits the movement of energy through the pelvis, hips, and lower abdomen. This is why guilt so often manifests as creative blocks, emotional numbness, or self-destructive tendencies.

Research in psychophysiology supports what we observe energetically. Studies have shown that guilt and shame activate the amygdala and anterior cingulate cortex—areas linked to social pain and self-judgment—while reducing activity in the prefrontal cortex, which governs creative and goal-directed behavior (Michl et al. 2014; Wagner et al. 2012). In simple terms, guilt literally shuts down the brain's capacity to experience joy and creative flow.

Unlike shame, which targets *who we are*, guilt focuses on *what we've done* or what we've failed to do that we believe we should have done. In its healthy form, guilt can motivate repair and alignment; it reminds us to act in integrity with our values. But when guilt becomes dysfunctional or chronic, it shifts from functional to corrosive.

Unresolved guilt leads to rumination, self-blame, and emotional paralysis. Studies confirm that prolonged guilt contributes to depressive and anxious cycles (Jones and Kugler 1993; Tilghman-Osborne et al. 2010). It robs us of peace, disrupts creative engagement, and constrains our capacity for intimacy and decision-making.

Energetically, guilt acts like an anchor that holds us in the past, preventing us from being fully available to the present moment, where healing and possibility exist. It weighs heavily on the body and mind, keeping the nervous system dysregulated, creativity blocked, and relationships burdened by self-judgment and suppressed emotion.

When you're experiencing interference by guilt, you may feel creatively stuck, emotionally numb, and disconnected from your desires—or even ashamed of them. You might struggle to enjoy intimacy, to feel safe in your sensuality, or to express your truth without fear of judgment or rejection.

This can show up as control issues, addictive patterns, sexual shutdown, or emotional volatility—because energy that isn't allowed to move will eventually force its way out.

Guilt is a master of disguise. It can hide beneath over-responsibility, martyrdom, and people-pleasing. It can feel noble to carry it, yet what it really does is block life from moving through you. It whispers that your desires are dangerous, your joy is selfish, and your expression is unsafe.

And it doesn't just affect your relationships. It impacts your vitality, digestion, hormones, and the regulation of your nervous system. In the body, guilt settles where creative life force resides—in the lower abdomen and reproductive organs. Many of my students describe the feeling as a heaviness in the gut, a tightness in the hips or lower back, or even reproductive issues. Over time, it can also contribute to digestive and hormonal imbalance. Emotionally, it appears as self-repression or loss of passion; relationally, it appears as the avoidance of intimacy or a fear of vulnerability.

During a Quantum Retreat, Emma shared that after years of carrying guilt from a past relationship, she had not painted, danced, or allowed herself physical affection. During the breakthrough process, she released years of guilt stored in her body through breath, sound, movement, and tears. After the session, she told the group, “For the first time in fifteen years, I feel my body wanting to move again. I painted last night. I laughed.” Moments like that remind me why this work matters—because when guilt dissolves, creativity and expression return.

Sometimes, the guilt we carry isn't even ours. It's inherited—passed through generations, religions, and cultural conditioning. Neuroscience confirms that emotional memory can transfer epigenetically across generations (Yehuda et al. 2016), meaning we can literally inherit the stress patterns of our ancestors.

In a landmark epigenetic study published in *Nature Neuroscience*, researchers demonstrated that when mice were conditioned to fear a specific scent, their offspring inherited an increased fear response to that same scent—despite never being exposed to the original conditioning. This finding provided evidence that aspects of emotional experience can influence gene expression across generations (Dias and Ressler 2014). Modern research confirms that emotional experiences can leave biological “memories” in our cells, influencing not only our stress responses but also those of future

generations through changes in gene expression (*Behavioral Epigenetics* 2025).

But biology isn't destiny. And you are showing up and doing the work, so, maybe, as the saying goes: It ran in your family, until it ran into you.

Guilt is not truth.

It is interference—a distortion that keeps the nervous system locked in contraction and the Spirit disconnected from its creative source. The way through is not to bypass guilt but to meet it. To feel it consciously, breathe into it, and allow it to move. The process of bringing awareness and breath to stored guilt has been shown to reduce limbic activation and restore parasympathetic balance (Brown et al. 2017).

Before we continue, take a moment to pause. This next step requires your conscious permission to release what has been held in the body.

Take a deep breath and say out loud: I give myself permission to feel. I give myself permission to heal.

Nothing in this process can move without your yes. Your willingness activates the field.

So, take a breath. Place your hand on your lower abdomen and whisper: I no longer need to carry this guilt.

Because guilt is not who you are. It's simply energy that's ready to be transmuted—returned to flow, pleasure, and creation.

Let's do that now.

BREAKTHROUGH PRACTICE 2: FACING AND RELEASING THE GUILT THAT BLOCKS YOUR FLOW

Purpose: To become aware of, surface, and somatically release stored guilt—so you can reclaim your natural state of creativity, sensuality, freedom, and flow

Let me share something personal and quite vulnerable with you.

In 2016, I had just decided to exit my position as a manager and shareholder in eight multidisciplinary health clinics after having cared for more than 14,000 patients in Australia. I had been diagnosed with adrenal fatigue. I was exhausted and burned out. I began testing and trialing the very same breakthrough exercise that you are about to experience on myself, and I discovered that I was holding on to many years of guilt.

As a teenager dealing with large amounts of emotional suppression, I got into a series of fights—real brawls. One man ended up with a broken jaw, another with long-term scarring. No one was permanently disabled, but I had caused harm. And I carried that guilt in my nervous system for many years.

My Quantum Coach asked me to close my eyes and bring my attention to what I had done or not done in the past that I felt most guilty about. After a few minutes, the emotion started rising, and I began writing. Right away, I knew what I felt guilty about, so I let both the tears and the pen flow without holding back.

During the exercise, I felt disgusted. I felt ashamed. I felt worthless.

After I finished writing what I had done and what I felt guilty about, my Quantum Coach asked me to sit up straight and take a breath, before she leaned in and asked me: “What would the world have missed out on if you didn’t do what you did back then?”

At first, the pen wouldn’t move. I was blocked. I had caused harm; how could there be any benefits to anyone or to me, for that matter?

Then, as I breathed into my heart, something inside me came through.

A physical shift. Tears. My pen started moving, and I couldn’t stop writing as the tears rolled down my face. After about 20 minutes, I was exhausted, but I felt a sense of release and freedom.

In that breakthrough exercise, I realized that I had helped those 14,000 patients across my clinics largely because of the void that was caused by the guilt that I felt (mainly on a subconscious level) about hurting those individuals in my teens. This guilt had created a deep drive inside of me to “make it right” to try to make the world a better place.

The void was “I have hurt people,” which created the value “I want to help people.”

In that moment, I forgave myself.

Later, I went to the bathroom—and when I went to urinate, well, let’s just say that it was not urine that came out. I know how strange and disgusting that might sound, but that was real for me. I released something from my reproductive and urinary system, which I now know was the unresolved guilt that had been manifesting in my lower abdomen and reproductive organs.

If I hadn’t done that breakthrough work, I honestly believe I would have manifested disease in that part of my body. But I did do the work. And from that moment on, everything began to change.

That guilt became gratitude. I recognized the void that drove the value. It gave me the fire to serve, to teach, and to guide others on the path of healing.

Guilt is not solely an emotion—it's a *perception, an energetic distortion*. In other words, guilt is what happens when your mind becomes polarized—when you forget that life is made of both shadow and light, pain and purpose. It convinces you that you've done harm without good. That you are “evil” or “bad,” which in essence separates you from love.

And since you cannot change what you did or didn't do, isn't it more coherent to let it go, rather than carry the poison of guilt inside your body?

You've already said *yes* to doing this work. Now it's time to honor that choice—with presence, courage, and love. This is not about forcing or fixing. It's about *feeling* what you need to feel, so you can heal what you came to heal.

Science Meets Spirit: Why This Practice Works

Before we move into writing, I want to offer you something important—not to shift you out of your body but to ground what you're about to do in the deeper meaning behind it.

This isn't just an emotional exercise; it's a neurological and energetic recalibration. As explored in the previous chapters, neuroscience and psychology have consistently confirmed what many ancient traditions have always known:

Writing, breath, and mindfulness can rewire the brain.

This goes beyond being a journaling practice.

This is a neurological reset.

You're not only shifting your perspective—you're changing your physiology.

That's the power of doing this work consciously, consistently, and with your whole being.

Stage 1: Somatic Awareness

Find a quiet, safe space.

Sit down with your spine supported.

Place both hands over your lower belly, between your navel and pubic bone—the sacred space of your Sacral Energy Center, *Svadhithana*.

Close your eyes.

Breathe deeply and slowly:

- Inhale through your nose . . .
- Exhale through your mouth . . .
- Again . . .
- And again, and keep going . . .

As you breathe, allow your awareness to drop into your lower belly.

Visualize a glowing orange orb—radiant and alive—resting just below your navel.

Now, move your awareness:

- To the top of your head—your Crown
- Then, to a point three feet above your head
- And finally, to a point six feet above your head—the field of Soul Intelligence

From this vantage point, imagine scanning across the entire timeline of your life. With your awareness expanded, ask to be shown the memory of your greatest guilt, whatever you did or did not do that you feel most guilty about. Feel, don't think. Trust what arises. You may see an image, feel a sensation, remember an incident, or simply know. There's no right or wrong here.

When you feel complete, begin drawing your awareness back down from six feet above your head, to three feet, to the Crown, and, finally, fully back into the body.

Stage 2: Writing Integration

Step 1: Giving the Guilt a Voice

Now that you've connected with the emotion somatically, it's time to express what's been held. This stage involves releasing guilt from your mental and emotional field by writing it down, naming it, and giving it voice—without judgment or performance. Just truth.

You are not analyzing your guilt.

You're not trying to justify or fix it.

You're simply letting the energy move.

Here's what you'll do:

Open your journal to a new page or use a fresh sheet of paper.

At the top, write: *What is it that I did (or didn't do) that I feel most guilty about?*

1. Let the words flow.

2. Write. Don't censor yourself. Don't worry about grammar. Just empty your mind and heart onto the page. You might explore:

- Something you did that caused harm (intentionally or unintentionally)
- A moment where you betrayed your own values or truth
- A situation where you failed to act and still carry the weight of that inaction
- A role you played in a dynamic that still lingers in your body
- Stay with the emotion. As you write, notice what rises. Let yourself feel it. There may be sadness. Anger. Regret. Numbness. Whatever arises—honor it.

3. Ask deeper questions to open the channel:

- What happened?
- Where was I at the time?
- Who got hurt?
- What did I need that I didn't have back then?

- How long have I carried this?
 - How has it shaped my choices, behaviors, or relationships?
4. Let the story complete. Continue until the emotion begins to subside or the words start to slow. You may write one page or ten. Trust your system to know when it's complete for now.
 5. Return to the body. When you're done, place one hand on your heart and the other on your lower belly. Breathe deeply. Inhale love. Exhale and release. And when you're ready, speak the anchor statements below—out loud or silently. These are not affirmations; they are energetic declarations, spoken with presence.

Anchor Statements

- I did the best I could with what I had at the time.
- I release the illusion of guilt and open to the truth of my Soul.
- Guilt is not real to the Soul. Only love is.

Breathe.

Let the energy move.

Let your system recalibrate.

You've just done something powerful. You've brought guilt out of the shadows and into the light. You've allowed it to speak—not to punish you but to free you.

But this is not the end of the breakthrough; it's the doorway into the deeper truth.

Continue writing as you reflect on the following questions:

- What did this experience—this wound, this guilt—give you?
- What value was born from the void?
- What purpose emerged through the pain?

You're not here to carry guilt; you're here to transmute it. To contribute. To love. To live in truth.

Step 2: Rewiring the Story—From Guilt to Gift

As you now know, guilt isn't just an emotion. It's a perception—and when it's stored in the body, it becomes poison.

But here's what I've learned through my own journey and through walking beside thousands of others in theirs: Guilt lives in the body, yes. But more than that, it lives in the mind. And it feeds on a one-sided, victim-based belief system and a lower frequency energetic imprint.

When the brain holds a one-sided story, saying, "I was bad. I did wrong. This should never have happened," we become neurologically and energetically stuck.

The nervous system loops. The guilt and shame linger. The second Energy Center remains blocked.

But your Soul doesn't see through that lens. The Soul doesn't judge. The Soul integrates. It sees the whole.

In my seminars, I teach something simple but life-changing that my friend and mentor Dr. John Demartini once taught me: *The void drives the value.*

The very thing you feel guilty about may have been a catalyst that awakened your values, your compassion, your desire to serve.

Your guilt may have given birth to your purpose.

The void you've felt inside—the emptiness, the vacuum—because of what you did or didn't do in the past, has actually forged a new value within you. And because you now live by that value, the world is a better place.

If you once hurt someone, perhaps you've become a protector or a healer. If you once lied or deceived, truth may now be one of your highest values.

The very opposite of what you feel guilty about likely became an essential part of who you are.

Can you start to see it? Can you untether yourself energetically from the wound?

We're going to collapse the old, victim-based story; rewire the polarized perception; and reconnect with the truth that life didn't happen *to* you, it happened *for* you.

So now, we begin the final part of this breakthrough.

Trust the process. Take a deep breath. Place one hand on your heart and the other on your womb or lower belly. Feel your body. Feel your breath.

You've already faced the guilt. You've felt it. Named it. Witnessed how it shaped your story.

You've already taken two massive steps:

- You've become conscious of the guilt and felt it fully.
- You've begun to rewire the story.

Now it's time for the third layer of healing.

This practice is not analytical. It's not intellectual. It's not even about forgiveness in the traditional sense.

This is something much deeper. This is Soul-to-Soul Quantum communication. This is closure without condition.

This is the sacred frequency of: *"Thank you. I love you."*

Writing with intention—especially when grounded in gratitude and love—doesn't just feel good. It rewires your emotional and physiological state. A comprehensive meta-analysis of 25 randomized controlled trials involving over 6,700 participants revealed that gratitude interventions, such as writing or journaling, significantly increased psychological well-being, including life satisfaction, happiness, and positive affect (Cregg and Cheavens 2021).

As we continue, I want to be clear: This is not about writing to the person that hurt you—or even the one you feel you've hurt. This is about writing to the Soul behind the story. And it may very well be your own.

When I first did this practice myself—after collapsing a deep layer of guilt—I found myself writing to the younger version of myself. The one who didn't know better. The one who acted from pain. The one who was still learning.

I wrote to him as if I were writing to a beloved friend, with tears, truth, and reverence. And through that letter . . . something lifted. This is your opportunity to do the same.

This is not merely a release. This is a reset.

So, now we go deeper. You're not writing from the mind. You're writing from the Soul.

Step 3: Deeper Reflection

1. Turn to a new page in your journal or use a fresh piece of paper.
2. At the top, write:

*Dear [Name or Situation],
Thank you. I love you.*

Say what you never got to say and express yourself fully.

Let it flow. Don't censor. Don't correct. Don't perform.

You are not writing from the mind. You are expressing from your mind, body, and Soul.

This letter may be addressed to:

- A parent
- A friend
- A child
- A partner or ex-partner
- A former version of yourself
- Even a situation or moment that changed everything

Whoever or whatever comes to mind first—go with that. Trust it.

Suggested Soul Prompts

Say all the things you never got to say, and if you feel stuck, use any of the following to open the channel:

- *I'm sorry for . . .*
- *I carried this guilt because . . .*
- *If it weren't for you, I never would have . . .*

- *You taught me . . .*
- *Please forgive me for . . .*
- *Because of what happened, I now . . .*
- *I'm going to spend the rest of my life honoring this by . . .*
- *Thank you for volunteering to be part of my healing.*

Let your hand write what your heart has held.

This is your release. This is your rewiring—from guilt into gratitude. From shame into sovereignty. From pain . . . into purpose.

Stage 3: Final Embodiment Practice

When your letter is complete, take a deep breath. Place one hand on your heart. Place the other on your sacral center. Say aloud:

I am no longer carrying this guilt.

I release it with love.

And I choose to live in alignment with who I truly am.

Breathe. Notice what shifts. You've opened a portal to emotional liberation.

SOUND ACTIVATION: VAM—THE RESONANCE OF FLOW

Let's now bring sound into the body. The sacred seed sound for this center is *vam* (pronounced *vahm*).

Sound is frequency. Frequency is Energy. Energy is transformation.

Place your focus just below your navel. Visualize an orange light brightening.

On your next exhale, chant aloud:

"Vaaaammmm."

Feel it resonate through your lower belly, pelvis, and reproductive organs.

Again, with breath and presence:

"Vaaaammmm."

And once more with full expression:

“Vaaaammmm.”

Let the sound soften the story. Let it open the locked doors. Let it clear space.

BREATHWORK 2:

Quantum Flow with Spinal Breathing

The full breathwork facilitation is available in the online portal.

This is the breath where we soften the grip. Where we stop holding it all together. Where we let energy move again.

This breathwork is designed to:

- Activate the Sacral Energy Center and emotional body
- Dissolve stagnant guilt and emotional suppression
- Awaken pleasure, receptivity, and creative flow
- Reconnect you with embodied feelings of joy and pleasure

You’ve done the mental work. Now it’s time to let the body lead.

CLOSING INTEGRATION

You’ve just done some of the most powerful emotional healing work available to us as human beings. You didn’t simply explore the concept of guilt—you *met* it. You felt it. You rewired it. You transmuted it from guilt to gratitude. You’ve cleared one of the heaviest frequencies on the emotional spectrum and created space for life to move through you again.

As you continue to integrate this work in the days and weeks ahead, don’t be surprised if creativity starts to return, sensuality begins to reawaken, and

your relationships feel lighter, or if emotion flows more freely through your body and you regain that “skip in your step.”

That’s not a coincidence; that’s coherence.

Your second Energy Center—*Svadhithana*—has been activated, cleared, and rebalanced. And with it, you’ve reclaimed a deeper part of yourself.

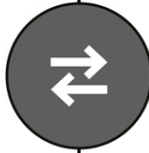
Your emotions are no longer dragging you down. They are now flowing with more ease. Your guilt is no longer your burden. It’s been transmuted into the light of your devotion.

Take this awareness into your daily life. Speak your truth. Feel fully. Create boldly. Let love—and joy—move through you once again.

And now, if you choose, you get to live the rest of your life embodying this new value—bringing it into the world with presence and purpose. Changing the world within you. Changing the world around you.

That . . . is revelation.

Solar Plexus Energy Center



Finances & Personal Power



- Solar Plexus Energy Center
- Manipura

Color	Yellow
Location	Stomach area— between navel and sternum
Body Connections	Stomach, pancreas, liver & gallbladder, spleen, diaphragm, small intestine, mid-back
Instruments	Organ, harp, guitar
Key	D#, E
Attributes	Intellect, ambition, strength of will, personal power, individuality, self- worth, freedom of choice, “inner child,” the ego, personality
Blocked By	Shame

CHAPTER 5:

Solar Plexus Energy Center—Finances & Personal Power

Money goes from where it's depreciated to where it's appreciated.

The Solar Plexus Energy Center is the fire of transformation—it is the home of the energy that turns vision into action and potential into reality. It's the seat of personal power, confidence, and self-worth; it is the inner flame that fuels purpose and creation.

This is the center through which we transform energy into form, where the unseen becomes tangible and intention becomes expression in the physical world.

And that includes the flow of money.

Money is energy. It's one of the most tangible expressions of exchange in our physical world—a reflection of how freely energy moves through you and your life. When your Solar Plexus Energy Center is in balance, money becomes an extension of service and creative flow—not something to chase but something that naturally circulates in resonance with your self-worth. And like many people, I learned this lesson the hard way—not through theory but through my own relationship with worth and money.

I used to play small. It was not because I wanted to—but because deep down, I didn't believe I was worthy of more.

That's the truth.

I was carrying shame I didn't even know I had. And that shame was blocking my power. My energy. My abundance.

The Solar Plexus—known in Sanskrit as *Manipura*, the “city of jewels”—sits in the upper abdomen, just below the sternum. It radiates the element of fire—the spark that turns thought into action and potential into manifestation. Physically, this center governs digestion, metabolism, and vitality—how we transform what we take in, both nutritionally and energetically, into usable life force. Its color is yellow.

When this inner fire burns brightly, we feel motivated, focused, and confident.

When it's dimmed, we doubt, overthink, or give too much.

When it came to finances, I had internalized so many patterns around shame, fear, and unworthiness that I didn't even realize they were subconsciously running the show. And yet, deep down, I could feel there was more. Moreover, I had borrowed the scarcity mentality that plagued both my parents throughout their lives—mentalities that they, of course, also inherited from their parents.

No matter how hard I worked or what I did, I always had just enough, and as soon as I would accumulate more, it would mysteriously vanish . . .

But deep in my core, I kept feeling that I was *meant for more*. And so are you.

Recognizing the State of Your Solar Plexus Energy Center

The solar plexus is the energetic center that holds our sense of personal power. It governs your will, your perseverance, and your ability to attract the abundance that is already yours. But perhaps most importantly, it governs how you value yourself.

This center is the final gateway of the three lower survival Energy Centers. And it's a big one—because when the Solar Plexus is out of balance, it not only affects your confidence but also shapes how you show up in every area where personal power matters.

It influences how you hold boundaries. How you make decisions. How you honor your worth. How deserving—or undeserving—you feel.

This Energy Center is directly connected to your relationship with abundance. It's called *Manipura* or “money pura” for a reason.

[Figure 5.1](#) summarizes the imbalanced and balanced characteristics of the Solar Plexus Energy Center. As you review the list, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how this center is currently expressing itself—where it feels strong and where it may need gentle support.

Solar Plexus Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance
Lack of confidence or diminished belief in one's abilities	Strong self-respect and healthy self-esteem
Weak sense of personal identity or inner authority	Confidence, determination, and inner strength
Seeking approval or validation to feel worthy	Ability to make choices independently
Fear of rejection or being alone	Clear boundaries and the ability to say “no”
Difficulty making decisions or trusting oneself	Trust in gut instincts and inner guidance
Chronic anger, frustration, or suppressed resentment	Feeling empowered and in command of one's life
Over controlling behavior or misuse of power	Assertiveness without domination of others
Taking on excessive responsibility for others	Balanced responsibility with personal limits
Financial instability or fear around money and security	Financial stability and a felt sense of security
Loss of direction, motivation, or personal drive	Clear goals, purpose, and forward momentum

Figure 5.1: Core expressions of imbalance and balance of the Solar Plexus Energy Center.

When this energy is blocked or underactive, we shrink our own magnificence. We second-guess ourselves. We hesitate instead of acting. We let others decide for us. This is the wounded and often passive part of you that has been disconnected from your own power. I call this part of ourselves “passive-submissive.”

If it’s overactive, we push too hard, try to control everything, and often burn out. This is the distorted, overcompensating, driven-yet-disconnected self trying to prove its worth. I call this part of ourselves “overactive dominant.”

When this energy is imbalanced in either direction, the body feels it. If you’ve been in hustle and grind mode too long, living in that push–prove–perform energy, your nervous system will show it. Chronic fatigue. Digestive issues. Burnout. These are not weaknesses—they’re signals. A call to return to balance.

True personal power lives in the center. Balanced. Clear.

In Buddhist teachings, this is referred to as the middle way. Rooted in aligned action, not performance, this balance honors the part of you that does not need to prove anything to anyone because deep down in your core, you know that you are worthy, that you are more than good enough just the way you are!

The Interference: Shame and Unworthiness

On the Vibrational States of Consciousness scale ([Chapter 1](#)), shame sits at the very bottom of the spectrum—one of the lowest recorded frequency of human emotion. Its energy contracts more heavily than any other, weighing down the nervous system, collapsing the Heart field, and blocking the flow of power through the Solar Plexus.

When a person is living in shame, their entire frequency communicates: “I am unworthy. I am not enough. I cannot receive.” And the field responds accordingly—closing down opportunities, shrinking abundance, and keeping us trapped in cycles of survival and scarcity.

I lived in that place for many years—unaware that my craving for validation, intensity, and constant hustle stemmed from a deep-seated belief

that I had to prove myself—to be accepted, to be good enough, to be loved.

Trust me, I know the feeling when pressure builds in your belly, and you don't even realize it's the weight of unworthiness.

If this feels familiar, your Solar Plexus center may be blocked or imbalanced.

When this energy flows freely, you finish what you start. You follow through. You own your value. You stand tall, not in ego but in integrity. It's the fire in your belly that says, "I know who I am, and I am incredible."

In my own life, I've anchored that shift into a simple daily ritual. There's a \$100 note in my bathroom, placed under a crystal engraved with the word *Gratitude*. Each morning, I place my hand on it, take a breath, and say: "Thank you. Thank you for showing up for me. Thank you for helping me serve."

It's not about the money itself. It's about the vibration and the feeling.

These simple moments reconnect me with what's real. Not scarcity. Not fear. But appreciation for the energy that helps me feed my family, travel the world, live freely, and fulfill my purpose.

And here's the thing—this isn't just about mindset and E-motion. It's measurable.

A 2022 study showed that financial stress—whether tied to debt, lack of assets, or even the *perception* of scarcity—is one of the strongest predictors of depression and poor mental health (Guan et al. 2022). When we carry unexamined money patterns, especially those rooted in fear, shame, or survival, they don't just live in our bank account—they live in our nervous system.

That's why the healing work we do around money must address both the outer and the inner worlds. It's not solely about numbers. It's about frequency. Why? Because your inner world creates the outer one, not the other way around.

I once worked with a student, John, whose relationship with money had spiraled into addiction. For years, he'd spent thousands of dollars a day gambling—seeking distraction, connection, and escape. Beneath the behavior was shame and a deep sense of unworthiness.

During the Quantum Retreat, he realized that what needed healing wasn't just his finances but his frequency—the energy of shame that had been distorting his relationship with money. Through the breakthrough practices, he learned to respect money as energy, not as a means of numbing emotion.

In the years since the program ended, he hasn't stepped inside a pub or gaming room again. John is now over four years clean from a habit that had once consumed his days and his income. He shared that his focus has shifted entirely: He was now investing in his own growth, determined to keep building a healthier relationship with both money and himself.

That's the power of inner transformation. When you change the energy behind your choices, the outer world reorganizes to match.

Now, before we go any further, I want you to know this: If shame or unworthiness has been part of your story, especially when it comes to money, you are not alone. This chapter is for you.

Let's start by activating the center that governs your self-worth and financial frequency.

BREAKTHROUGH PRACTICE 3: REWRITING YOUR MONEY STORY

Purpose: To identify and release the early emotional imprints that shaped your relationship with money, power, and self-worth—especially those rooted in shame or scarcity

By bringing unconscious patterns into conscious awareness, we begin the process of rewiring this Energy Center and reclaiming our true frequency of abundance.

As I share with my students: “You don't have a money problem. You have a money program.”

Before we move into this breakthrough, I want to ask you something important.

Do I have your permission to guide you into this space—into the memories, beliefs, and patterns around money, worth, and shame that may have been shaping your life unconsciously?

This may bring things to the surface—old emotions, family patterns, or feelings of unworthiness you didn't realize you were carrying. That's natural. That's part of the work.

So, if you're ready, take a breath and say aloud: Yes.

That yes is powerful. It tells your unconscious mind—and your nervous system—that you are safe, supported, and ready to release what no longer

serves you.

From here, we begin.

Read This Before You Start

This breakthrough practice combines somatic reflection, a guided closed-eye process, and expressive writing. It's a deep and integrative journey designed to bring your unconscious patterns to light and to help you create a new energetic contract with the frequency of money.

You'll need:

- A quiet space where you won't be disturbed for at least 20 to 30 minutes
- A journal or a blank piece of paper
- A pen
- An open heart and mind

Read through the entire process, then return to the beginning and allow yourself to move through it fully. Let your body lead.

Stage 1: Uncovering the Roots of Your Money Story

Preparation

- Sit comfortably, with your spine tall and body supported.
- Gently place your hands over your solar plexus.
- Close your eyes and take three slow, deep breaths.

- As you exhale, release any tension in your jaw, shoulders, or belly.
- Bring your full awareness to this center of personal power.
 - Breathe into this space.
 - Feel what's there.
 - Just observe.

Step 1: Guided Inner Journey—Becoming Conscious of Your Earliest Money Program

Before you begin, take a moment to read the entire guided process below. You'll be closing your eyes shortly, so let your body understand the flow first.

This process is designed to help you gently revisit early memories and imprints around money—those formed in childhood through observation, emotion, and energetic absorption. You're not going back to blame but to bring clarity to what may still be unconsciously influencing your relationship with money today.

What you'll do during the process:

Sit comfortably, your hands resting gently on your solar plexus.

Take three slow, steady breaths.

Now, move your awareness:

- To the top of your head—your Crown
- Then, to a point three feet above your head
- And finally, to a point six feet above your head—the field of Soul Intelligence

From this vantage point, imagine scanning across the entire timeline of your life.

Observe yourself as a child—inside the house you grew up in, watching your parents (or whoever raised you) having a conversation about money.

- Identify the earliest or strongest emotion that comes up when you're observing your parents having this conversation.

Begin reflecting on the below:

- What was said?
- What emotion came up?
- What did you feel in your body?

Then, continue observing yourself through the years, carrying that money story with you.

- Witness how it shaped your choices, reactions, beliefs, and behaviors.
- Let this part play out naturally—just observe, without judgment.

Once you've completed the journey, slowly bring your awareness back:

- From six feet above, down to three feet above your head.
- Then to the Crown of your head.
- Finally, back into your body, grounding yourself gently with your breath.

When you feel fully back in the present moment, open your eyes.

Step 2: Writing Integration

Take your journal or paper and answer the following prompts:

What was the **earliest money emotion** you remember?

The earliest money emotion is

Where in your body did you feel this emotion?

I felt it in my

What was the **emotional environment** around money in your home?

What kinds of conversations did you hear?

What tone did your parents or caregivers use when discussing money?

Was money talked about with stress? With fear? Was it avoided completely?

Or was there appreciation? Trust? Gratitude?

What's the **first emotion you associate with money today?**

Be honest. Let it rise. Don't judge it.

Emotion:

What's the very **first feeling in your body** that comes up when you hear the word *money*?

Feeling:

Notice it. Name it. Let it be fully seen on the page.

Congratulations. You've just become conscious of the core program that may have been running your relationship with money. This awareness alone is powerful. The shift has already begun.

Step 3: Deeper Reflection

Turn to a new page in your journal or start with a fresh piece of paper. At the top of the page, write the words: **Money and Me.**

Reflect on the following questions:

- What money memory came up for you?
- What did you feel in your body?
- What was said?

Write freely. Let it flow.

Now take it a layer deeper:

- How is this money pattern still playing out in your life today?
- How do you speak about money now?
- What emotions arise when a bill or expense comes in?
- How do you feel when you check your bank balance?

- How do you feel when someone offers to pay for you?

Write freely. Let it flow. Don't rush the process. This is not about fixing. It's about becoming conscious.

Step 4: Final Embodiment Practice

When you've finished writing, set the pen down. Close your eyes once more. Bring your awareness back to your solar plexus.

Take one deep, slow breath in . . . and release gently.

You've now uncovered one of the energetic roots of shame or unworthiness that may have been blocking your personal power and financial frequency.

Let that awareness settle in. You don't have to do anything with it right now. Just honor it.

The shift has already begun.

Stage 2: The Vibrational Currency of Worth

Since money is energy, worthiness is the frequency that opens the channel, just like unworthiness blocks the flow of money and abundance into your life.

For most of us, the signal we've been unconsciously transmitting isn't "I'm ready to receive unlimited abundance." It's often shades of:

"I don't deserve more."

"I can't hold it."

"I don't know what I'd do if I suddenly had all the money I've dreamed of."

"I'm not enough."

Releasing this unworthiness is the real work toward an unblocked, unlocked, and unleashed Solar Plexus.

It's not simply about willpower or discipline. It's about reclaiming the *energetic signature* of your sovereign power—so that the world, the Quantum Field, and the spirit of money can start to meet you at your true frequency.

I've seen it over and over again—when someone begins to value themselves, everything starts to shift. They speak differently. They walk into rooms differently. They price their services differently. They stop apologizing unnecessarily. They honor their time.

They invest in themselves and finally start putting themselves first. They don't live in financial fear.

It's not because they've reached some arbitrary goal but because they've activated the inner knowing that says: *I am worthy of everything I have and more*. Not just more money or “units of choice” but more impact. More peace. More alignment. More freedom.

And the frequency that unlocks it? Gratitude and appreciation.

Money goes from where it's depreciated to where it's appreciated.

This isn't just a mindset trick. It's a law of energy. When you appreciate money—not worship it, not obsess over it, but truly value it without attachment—it grows and flows into your life. Not only in your bank account but also in how it supports you, how it moves through you, and how it amplifies your ability to serve. This is when financial freedom becomes effortless.

The opposite is also true. When you resent it, fear it, or shame yourself for wanting it, you shrink the field of possibilities. You move out of alignment with abundance (expansion)—and right back into survival (contraction).

Shame is one of the heaviest emotional states we can carry. It contracts our energy, closes down our heart, and sends the signal: “I'm not safe. I'm not worthy. I'm not open to receiving.”

When that signal is active—whether we're aware of it or not—it shapes the way we move through life, the opportunities we attract, and what we believe we deserve.

Gratitude and appreciation carry a completely different frequency. They are expansive. Elevating. Reconnecting. They open the door to receiving more, even before anything has changed externally.

When you embody appreciation—even in small, conscious moments—you move into resonance with abundance. You stop chasing worth through achievement or accumulation and instead *activate it from within*.

This is the vibrational currency of true worth.

And it starts not by trying to earn more but by *valuing yourself* more.

Here's what the research says: Gratitude and conscious spending choices can increase your sense of happiness and well-being. Studies have shown that people who spend money on others report greater happiness than those who spend money on themselves (Dunn et al. 2008). In another study, those who chose *time* over *money* experienced greater life satisfaction and intrinsic motivation (Whillans et al. 2019).

In other words, appreciation isn't simply a nice idea—it's energetically and psychologically expansive. When you align how you use money with your values, generosity, and joy, abundance flows more freely.

That's why how you feel about money is just as important as how much you earn or how much wealth you can accumulate.

Now that you *innerstand* how deeply your sense of worth affects your financial frequency, it's time to create a new contract between you and wealth—one that aligns with love, appreciation, worthiness, and truth.

Remember this: Even if you've judged money, feared it, or pushed it away (or even if you haven't) . . . it kept showing up for you. You have always had enough to get by, haven't you?

Okay, let's go deeper . . .

I'm going to ask you to do something: Imagine money is a friend. A long-lost lover, even. A dear friend who has been showing up at your door every single day—bringing gifts, paying bills, offering to help.

But instead of welcoming money in, you slam the door in its face. You roll your eyes. You tell money that it's never enough. You say that money is the problem. It's not because you don't like money but because something deep down feels unsafe. Remember the way your parents used to talk about and feel about money? Exactly . . .

And yet . . . money *keeps* showing up. Every day. Quietly. Patiently. Still trying to love you. Always offering to help.

You wouldn't be reading this book if money were not there for you. When you needed to put fuel in your car, to pay for your groceries, or to keep the lights on, money showed up.

Meanwhile, you may have unconsciously blamed or cursed money. Criticizing it for not being "more." Blaming it for your struggles.

But what if money never stopped showing up for you, even when you unconsciously pushed it away?

What would you say to your friend money now if you knew this was true?

This next practice is your chance to say it.

You'll speak to money, not as a number, not as a stressor, but as a living frequency of abundance. A long-lost friend who's been there for you all along, even when you pushed it away.

You're going to write a letter, not from shame but from honesty. From gratitude.

This is your chance to tell money what your new relationship will be like from today. How things are going to be different. What you're dedicating yourself to. What you're ready to receive—and what you're ready to give in return.

As we've explored in earlier practices, even brief, expressive writing can help release stored emotion and restore coherence. When you write this letter to money, you're not just shifting your thoughts—you're shifting your *state*.

That's the power of conscious awareness. That's the power of Energy.

Step 1: Preparation

- Set aside 15 to 20 minutes in a quiet, uninterrupted space.
- Have your journal or blank paper ready, along with a pen.
- Sit comfortably with your spine tall and your feet grounded.
- Place your hands gently over your solar plexus and take three deep, steady breaths.
- Close your eyes and visualize money—not as coins or numbers but as a living golden frequency.
- See money as a faithful friend who has been there for you your whole life, without asking anything in return.

Your friend is waiting to be acknowledged and welcomed.

When you are ready, open your eyes and start writing your letter to money, a friend who has been there for you your whole life.

Step 2: Journaling Instructions

At the top of the page, write:

Dear Money . . .

Let it flow, honestly, and start writing now.

You may want to include these:

I'm sorry for how I've treated you.

Thank you for always showing up for me.

Here's what I now understand about our relationship.

Here's what I'm committed to from now on.

Here's how I'll honor you, trust you, and appreciate you moving forward.

Here's what I believe we can create together.

And one final reflection: If you were to receive ten times more abundance than you do now:

What would you do with it?

Who would you help?

What would you create that serves the world?

When money has a meaningful mission, it flows differently. Let it know you're ready to co-create something bigger than yourself.

Write until you feel complete. There's no right or wrong. This is a vibrational release and a reconnection.

Step 3: Final Embodiment Practice

When you've finished your letter, close your eyes once more.

Place one hand on your heart and one on your solar plexus.

Breathe into your belly.

Inhale slowly.

And exhale with softness.

Repeat to yourself, either silently or aloud: *Thank you. I love you. I am worthy of receiving.*

Feel the resonance of those words.

You've now created a new agreement—one built not on fear or scarcity but on truth, appreciation, and alignment.

Keep your letter somewhere safe and remember, the more you read this letter, the more abundance and wealth flow into your life. Return to it whenever you need to remember who you are—and the power of the self-worth and appreciation frequency you now carry.

The shift has already begun.

SOUND ACTIVATION: THE POWER OF *RAM*

The sound associated with the Solar Plexus Energy Center is *ram* (pronounced *rahm*).

It's the vibrational key that helps activate, clear, and strengthen this Energy Center—your seat of personal power and inner fire.

When we chant *ram*, we're not just making a sound—we're recalibrating our frequency.

We're inviting the energy of strength, self-worth, and aligned action to rise within us.

Ram has a warrior quality. It carries the energy of movement, of direction, of getting things done. But it also clears the internal residue of shame and unworthiness that may have been blocking your energetic flow for years.

So, as we take the first step, I invite you to bring your awareness to your solar plexus—slightly above the navel, in the space behind your sternum. You might want to gently place your hands there to focus your energy and intention.

Let's prepare to activate.

Sit tall. Soften your shoulders. Lift your chest slightly. Take a deep breath in through the nose. And exhale through the mouth.

Again, breathe in deeply . . .

And out.

On your next inhale, we'll chant the sound *ram* together.

Let it vibrate in your belly. Feel it resonate through your core. This is your power coming online.

Inhale . . .

"*Rammmmm.*"

Again.

Inhale . . .

"*Rammmmm.*"

And once more.

Inhale . . .

"*Rammmmm.*"

Let the sound continue to ripple through your being. Hold the energy.

And when you're ready, we'll move into our breathwork practice.

BREATHWORK 3:

Quantum Breath of Fire with Alkaline Breathing

The full breathwork facilitation is available in the online portal.

This is the breath where your fire returns.

The breath where your inner YES awakens.

The breath where shame dissolves into self-worth.

The Solar Plexus is your center of personal power. When it's blocked, we shrink, give too much, or collapse into doubt.

When it's activated, we move. We speak. We lead. We radiate confidence without needing to prove.

This breathwork is designed to:

- Activate the Solar Plexus Energy Center and equilibrate the adrenal system
- Release suppressed shame stored in the belly and diaphragm
- Energize clarity, momentum, and drive
- Restore trust in your instincts and inner fire

As the breath activates your inner fire, allow it to burn through scarcity and reawaken your inherent worthiness to receive. Before you begin, find a safe and quiet space.

Sit up or lie down, with your spine long.

Breathe slowly. Connect inward. Let your nervous system settle.

CLOSING INTEGRATION

Shame tells us we must hide. That we are too much. Or not enough. That power belongs to someone else.

But you've just remembered something older than that story.

You've remembered your fire. And not the kind that burns to prove, but the kind that glows to guide.

Let it warm your words. Let it move your decisions. Let it remind you that radiance doesn't come from doing—it comes from being who you already are.

This isn't about pretending to be confident. It's about standing in your truth, without apology.

Rooted. Resourced. Ready.

As you rise into the Heart, carry this flame with you.

The world doesn't need more people trying to be powerful. It needs more people who've remembered they already are.

Say to yourself: I no longer shame, I shine!

Heart Energy Center



Relationships



- Heart Energy Center
- Anahata

Color	Green
Location	Center of chest near the physical heart
Body Connections	Heart, lungs, thymus gland, circulatory system, chest & breasts, upper back & shoulders, arms & hands
Instruments	Harp, string orchestra, horns, viola, guitar, bells
Key	F, F#
Attributes	Love, compassion, healing, relationships, gratitude, and grace
Blocked By	Grief

CHAPTER 6:

Heart Energy Center— Relationships

Relationships are assignments to love more.

— MARIANNE WILLIAMSON

There's a reason this chapter follows the activation of the lower three Energy Centers.

While the Root, Sacral, and Solar Plexus Energy Centers govern survival, desire, and willpower, it is here—in the Heart—that the true quantum embodiment begins.

The Heart is not just a poetic symbol. It's a measurable, electromagnetic force, your access point to embody higher-dimensional frequencies.

As we explored in [Chapter 2](#), the heart generates the most powerful electromagnetic field in the human body—around 60 times greater in electrical amplitude and up to 5,000 times stronger magnetically than the brain (McCraty et al. 2009a). This field isn't confined to the chest—it extends several feet in all directions, forming a toroidal shape that influences both your internal state and your external relationships.

Whether you're in a crowd or alone reading this now, your Heart is transmitting. Its field spirals outward through your head, loops around the body, and re-enters through the base—a continuous, intelligent flow of energy and information. This isn't a spiritual metaphor. It's physics.

What's important to understand is that your field doesn't exist on its own. Every thought, feeling, and intention sends a signal that merges and mingles within the shared energetic environment. We're constantly exchanging information through these invisible fields—affecting and being affected by the people around us, whether we're conscious of it or not (see [Figure 6.1](#)).

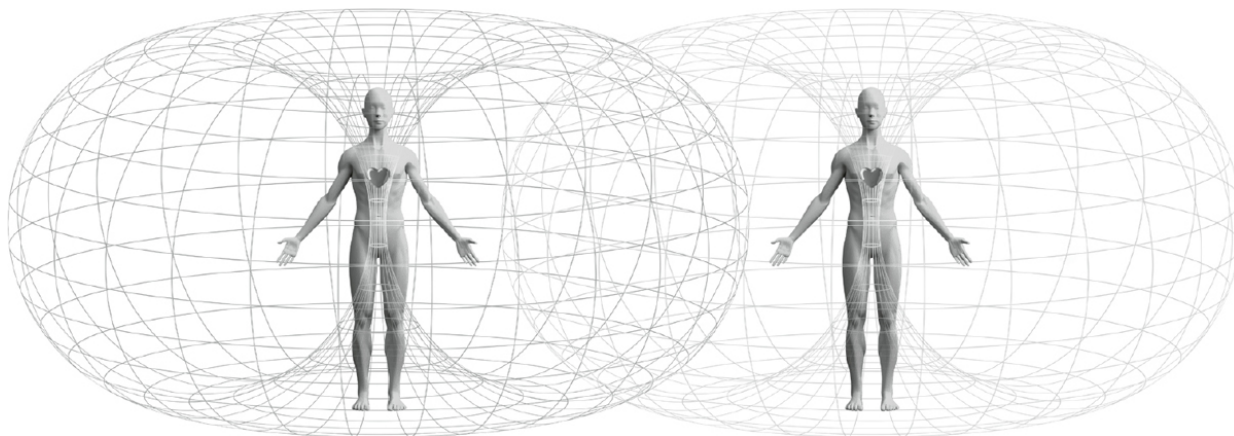


Figure 6.1: The heart's toroidal energy field and its interaction with others.

That interaction begins within you.

The frequency of your field is shaped by your emotional state. When you feel gratitude, compassion, or joy, the field becomes coherent: stable, strong, and synchronized. But when you fall into fear or grief, the signal becomes disordered, like static in a radio transmission. Your Heart is literally broadcasting your state of consciousness in every moment.

And that's part of the reason why this chapter matters. Because when you breathe into the Heart and reconnect with your truest self, you don't just shift your own vibration—you impact the field around you. You become coherent.

The fourth Energy Center is known in Sanskrit as *Anahata*, meaning “unstruck sound.” It's sometimes interpreted more poetically as the *unheard sound*, the *inner resonance*, or the *sound of the Soul*. It is the vibration of Love that is present before words, thought, or action. *Anahata* represents the space within us that remains untouched, no matter what we've endured. The element is air and its color is green or sometimes pink.

The sound activation for this Energy Center is *yam*—the vibrational frequency of unconditional love. Physiologically, this center is anchored in

the middle of your chest, aligned with the physical heart. It is associated with the heart, lungs, thymus gland, diaphragm, circulation, immune system, and upper back and chest.

For thousands of years, spiritual traditions have described the Heart as the bridge between the physical and the energetic—the meeting point of Earth and sky, body and Soul. Modern science now validates what ancient mystics have always known: that our emotions don't just *influence* the body, they *live* within it.

Dr. Candace Pert, renowned for her discovery of the opiate receptor in the brain, found that receptor sites for neuropeptides—what she called the *molecules of emotion*—are clustered at key energetic points in the body that correspond with the chakra system (Pert 1997). These sites are not just chemical—they're portals of memory, emotion, and consciousness. Right at the center of them all is the Heart.

It is the bridge between lower and higher. Between survival and Soul. Between the wound and the wisdom.

When you attune to the vibration of the Heart within the Vibrational States of Consciousness, you begin to enter the realm of love, compassion, gratitude, and deep energetic intelligence. This is the field of coherence, where the nervous system settles into harmony and the heart and brain synchronize. From here, you access the frequency of Oneness—an expanded state that marks the true beginning of quantum embodiment.

And yet . . . many of us don't live with an open Heart.

The very relationships that are meant to expand our capacity to love are often the ones that cause us to close off.

Why?

At some point, you got hurt. Your heart “broke,” and you started to withhold love from others and from yourself.

As author Anaïs Nin wrote, “We don't see things as they are, we see them as we are.”

In this chapter, we'll explore the emotional terrain of grief, heartbreak, betrayal, and sadness—and the invisible armor we build to avoid ever feeling those things again.

This armor is what many metaphysical teachers call the Heart wall.

But here's the truth of Quantum healing:

What we avoid, we amplify.

What we resist, persists.

And what we're willing to feel fully . . . we can finally transmute.

When we are brave enough to sit with our heartbreak, to breathe through the grief, to let the body remember—without fleeing—that is when the Heart begins to open again. That is when we return to Love.

You'll move through a deeply reflective, closed-eye practice in this chapter—one that may stir emotion before it brings peace. Take your time with it. Please read the entire process first so you feel comfortable and supported before beginning.

Once you're familiar with the flow, find a quiet space where you won't be disturbed and allow yourself to be your own gentle guide.

Recognizing the State of Your Heart Energy Center

When the Heart Energy Center is in balance, we radiate warmth, compassion, and coherence. We feel whole within ourselves and connected to others. But when it's blocked or wounded—through betrayal, loss, or unresolved pain—our field becomes distorted, and this disharmony shows up in every area of life: relationships, physical health, emotional well-being, and the ability to receive or express love.

[Figure 6.2](#) summarizes the imbalanced and balanced expressions of the Heart Energy Center. These are not diagnostic labels but energetic signals—clues from your system pointing toward areas of healing, integration, and expansion. Look through the characteristics of a balanced and imbalanced Heart Energy Center. As you review the list, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how this center (and the associated area of life) is currently expressing itself—where it feels strong and where it may need gentle support.

Heart Energy Center: *Core Expressions of Imbalance and Balance*

Indicators of Imbalance	Indicators of Balance
Fear of intimacy or emotional closeness	Capacity for deep, safe emotional intimacy
Fear of abandonment or being emotionally hurt	Trust and emotional security in connection

Difficulty forming or sustaining healthy relationships	Ability to build and maintain nourishing relationships
Fear of giving or receiving unconditional love	Giving and receiving love freely and unconditionally
Emotional guardedness or closed-heartedness	Openness, warmth, and emotional availability
Difficulty trusting others	Trust in self and others without losing discernment
Holding resentment or unresolved emotional wounds	Forgiveness, compassion, and emotional repair
Feeling unworthy of love, belonging, or connection	Deep sense of worthiness and belonging
Emotional dependency or fear of loss	Secure attachment and healthy interdependence
Difficulty offering empathy or receiving support	Empathy, compassion, and mutual care

Figure 6.2: Core expressions of imbalance and balance of the Heart Energy Center.

When the Heart Energy Center is open and coherent, life feels connected. There's an ease in how you move through the world—an inner rhythm that mirrors the natural harmony of the Universe. You feel empathy without absorbing others' pain. You give without depletion and receive without guilt. Your relationships flow with honesty, care, and reciprocity. The body feels lighter. You breathe deeper. The mind is quieter. This is the energetic signature of an integrated Heart, one that knows how to love without losing itself.

When the Heart Energy Center is blocked or depleted, that flow reverses. We protect ourselves by closing off. We may give too much in search of validation or withdraw completely to avoid being hurt. Emotional walls form, often disguised as independence, logic, or busyness.

In the body, this block can manifest as tightness in the chest, shallow breathing, or chronic fatigue—physical reflections of emotional contraction.

Relationally, we might replay old wounds of rejection or abandonment, attracting situations that confirm the belief that love isn't safe. Sometimes, an imbalanced Heart Energy Center doesn't shut down—it overextends. You might feel everything too deeply, taking on the pain of others or confusing empathy with responsibility. This hyperattunement can lead to exhaustion, burnout, and the subtle belief that you must fix or rescue others to earn love.

Both patterns—closed or overextended—arise from the same source: disconnection from unconditional love, the frequency of the coherent Heart Energy Center.

When the Heart Energy Center's natural rhythm is disrupted, it's rarely by accident. There's always an emotional story beneath the imbalance—a frequency that contracts the field and dims the light of love.

As this Energy Center begins to rebalance, you rediscover the equilibrium between giving and receiving, doing and being. Love becomes less about need and more about truth. It stops being something you seek and starts being something you are.

When the Heart Energy Center is coherent, you don't just *feel* love—you *radiate* it.

You become the bridge between Heaven and Earth, transmitting compassion, coherence, and peace through every breath.

The Interference: Grief

The deepest interference in the Heart Energy Center is grief. When unresolved, grief contracts the chest, restricts the breath, and weighs heavily on the body. Grief often carries cousins with it—sadness, betrayal, anger, abandonment, heartbreak—but at its core, it is the heaviness of loss that closes the Heart.

It pulls us downward.

It constricts the chest.

It disrupts the breath.

It often becomes the energetic root of heart conditions, lung issues, and immune suppression.

According to the Vibrational States of Consciousness, these emotional patterns—shame, guilt, grief, and fear—are among the most contracted vibrational states. They keep us locked in survival mode, disconnecting us

from our own Source field and blocking the higher states of expansion, creativity, and coherence that the Heart is designed to access.

Yet grief is not a dead end. It's a threshold emotion—a passageway between contraction and expansion. Because it carries more activation than despair or apathy, it can be transformed when met consciously. When you allow yourself to feel grief without resistance, it begins to evolve into acceptance, compassion, and forgiveness—the very qualities that open the Heart Energy Center into coherence.

As the Heart field rebalances, something remarkable happens. Your torus—the electromagnetic field generated by the Heart—comes back into coherence. In this state, you're not just regulating your nervous system; you become a transmitter of healing, a living frequency of love. This is the vibration of the coherent Heart—the space where the nervous system settles into harmony, the heart and brain synchronize, and you begin to access the frequency of Oneness.

Here, the Heart becomes not only the seat of emotion but also the bridge to consciousness itself—the place where humanity's deepest wound meets its greatest potential.

And so . . . *grief is sacred.*

Because it means we dared to love.

It means we opened.

It means we allowed someone to matter.

What most people don't realize is that grief holds a secret key—a dormant portal that can awaken us to the truth: We are beings of Love and Light, capable of transcending all pain and darkness and returning home to Love.

I've witnessed this in countless students over the years. They arrive carrying the weight of unresolved grief, and you can feel it in the way their body speaks—hunched posture, shallow breathing, eyes clouded with unspoken pain. A student of mine, Sophia, told me that years after losing her partner, she still felt wrong for laughing—as though joy itself would betray his memory. Her grief was not only emotional. It was etched into her tissues, shaping her physiology, draining her vitality, and closing her capacity to receive.

And then, during the breakthrough process, something shifted. With her eyes closed, Sophia allowed herself to truly meet the grief—breathing into the ache in her heart instead of resisting it. As tears began to fall, she whispered words of forgiveness—to herself, to life, and to the one she'd lost.

When the process ended, she opened her eyes and began to write. With every word, the energy moved. What had been dense and heavy began to loosen. As she gave language to what she'd held inside, the frequency of grief started to lift—transmuting into something lighter, more expansive. This wasn't an intellectual realization; it was an energetic shift—a release that rippled through her body, her breath, her field.

By the time Sophia finished writing, her tears had softened into gratitude. She no longer carried grief as weight; she carried love transformed. Then the most incredible thing happened, something that I've witnessed time and time again: Sophia shared that she felt the presence of her partner in the room with her, as real as if he were there in person. They were together in the Quantum Field in that moment, from that day Sophia released the grief and continued forward with an experience of grace, knowing that her beloved, even though no longer in physical form, was always with her in her Heart.

Sophia's story is not unique. Each time we allow ourselves to truly *feel* the energy of grief—rather than resist or analyze it—the same alchemy becomes possible. Through awareness, breath, and release, the frequency begins to shift. What once felt like loss reorganizes into love and what once weighed us down becomes light again.

You are not broken.

You are love learning to breathe again.

And in that breath, grief becomes grace and separation returns to wholeness.

BREAKTHROUGH PRACTICE 4: THE GRIEF PORTAL

Purpose: To meet the unresolved grief that closes the Heart and contracts the flow of love

This practice will guide you to breathe with grief rather than against it, so its weight can be released and transmuted into compassion, forgiveness, and love.

To open the Heart, we must be willing to journey through what closed it.

Most of us were not taught how to process grief. We were taught to suppress it, numb it, avoid it, or “spiritually bypass” it. But grief doesn't disappear. It lingers. It anchors itself in the tissues of the body. It crystallizes in our beliefs. It closes the gates of the Heart.

In this practice, you'll be guided to identify a moment, relationship, or event that “broke your Heart”—something you're still grieving, consciously or not. This is not about making you feel bad. This is not about revisiting trauma to stay stuck in it. This is about *liberation through presence*. It is about meeting what you've been carrying—sometimes for years—with the awareness and compassion needed to finally let it go.

You may feel discomfort. You may cry. You may feel resistance or even numbness. All of it is welcomed. All of it belongs—it means the process is working.

You cannot heal what you will not face.

And you cannot fully love until you open the door to what hurt you.

You don't need to understand it all.

You simply need to feel.

Because healing doesn't happen through force.

It happens through choice. Through surrender. Through presence and permission.

Let's move into the practice.

Read This Before You Start

This is a closed-eye breakthrough practice followed by a writing exercise. Please read through the entire process first before you begin.

Stage 1: Closed-Eye Practice—Meeting the Grief

Find a quiet place where you can sit upright, comfortably supported.

Place your feet on the floor, your hands resting on your lap or gently over your Heart.

Close your eyes.

Take three long, steady breaths—in through your nose, out through your mouth—allowing your body to soften a little more with each exhale.

Now, move your awareness:

- To the top of your head—your Crown
- Then, to a point three feet above your head
- And finally, to a point six feet above your head—the field of Soul Intelligence

From this vantage point, imagine scanning across the entire timeline of your life. Keep going back in time and ask to be shown a memory connected to grief or sadness—something or someone that once broke your Heart.

It might be a person, a moment, or a version of yourself.

Trust what arises.

As the memory comes, let yourself *feel* it—fully. Notice where it lives in your body: maybe a tightness, an ache, a heaviness in the chest.

Place your hand over your Heart and affirm silently: I am safe to feel this. I am ready to release.

Now, allow the emotion to rise.

If it feels intense, stay with it. If you can, deepen it—double it, even triple it—so you can meet the full depth of what has been stored inside. This isn't to suffer; it's to bring the energy into the light, so it can finally move.

Keep breathing through the wave of emotion. Each inhale brings compassion to the feeling. Each exhale releases what's been held.

You are safe. You are held. You are healing.

When you're ready, imagine light entering the Heart, softening everything it touches. See that light expanding through your chest, dissolving the weight of grief and replacing it with peace, acceptance, and love.

From this higher awareness, gently observe how this grief has influenced your life.

How it shaped your choices, your relationships, your ability to give and receive love.

With each breath, forgive yourself. Forgive others. Let go.

When you feel complete, begin drawing your awareness back down from six feet above your head, to three feet, to the Crown, and finally fully back into the body.

Take one last deep, grounding breath.

Feel your feet on the floor, your body supported, your Heart open.

When you're ready, open your eyes.

Stage 2: Writing Integration—The Unspoken Grief

In your journal or on a blank piece of paper, write freely and without censorship.

Consider this question: Who or what do you grieve?

Start writing. Let the words flow.

Write exactly what happened. Describe the event. The person. The moment. Name what was never said.

Let the tears fall if they come. Let the rage move if it rises. Let it be messy. Real. Honest.

You don't need to write it "well." You just need to write it truthfully.

Write until you feel complete.

Then sit in stillness. Breathe.

Honor what you've just moved through.

Integration Moment:

Place your hands on your Heart once more.

Close your eyes.

Take three long, soft breaths.

Inhale Love.

Exhale release.

Whisper aloud if you feel ready:

"I honor my grief.

I release what no longer belongs to me.

I open my Heart again."

Stage 3: Saying What You Never Got to Say

There's a frequency that often sits beneath our grief. It's the vibration of unfinished expression.

The words left unspoken. The apology you never gave. The closure you never received. The love you never got to say out loud.

Whether it was the sudden loss of someone you loved, the silent ending of a relationship, a betrayal, or the absence of a loved one who never truly "saw

you,” there is often something left lingering.

As you move to the next section, I want you to keep in mind that both Spirit and unconditional love are nonlinear and nonlocal, which means that the Spirit, Soul, and Consciousness of who or what you are grieving is present with you right now, still able to receive your words and energy. Feel it. Nothing is missing in this moment.

When you are ready:

- Sit quietly, with your hands on your Heart or resting gently in your lap. Close your eyes. Breathe in . . . and out three times.

Call in the presence of the one you need to speak to—the *who* or *what* you are grieving. It may be someone who has passed. Someone who hurt you. Someone you left behind. Or even a version of yourself you abandoned.

- Imagine and feel them sitting in front of you. Feel their presence, feel their Soul. The essence of who or what you are grieving is in the room with you right now.
- Hold both hands out in front of you, palms facing upward—as if you are holding their hands.
- Sit in silence with your eyes closed, imagining yourself holding their hands, being together once again in this very precious moment. Breathe into the connection. Let your body attune to their presence.

When you’re ready, with your eyes still closed and connected to the energy in your Heart, begin to speak. Say what you never got to say, from your heart to their heart. If you feel resistance, breathe into your open heart; trust the process.

Express everything you feel: The pain. The longing. The anger. The forgiveness. The truth.

You can also include:

- *I love you . . .*
- *I forgive you . . .*
- *I wish you had . . .*

- *I'm sorry I . . .*
- *I release all grief and sadness.*

Keep going until there is nothing left unsaid. Until you feel fully complete.

Stage 4: Receiving Their Message Through the Quantum Field

When you feel complete, stay connected to their presence. Visualize them responding to you—not as their human self, but from their Soul.

Feel and allow yourself to receive the following message back from them:

“Dear one, I never left. I’m here with you in Spirit always.

Now go live your life to the fullest. Go shine. I love you.”

If their Spirit expresses something different, allow that to be received now. Breathe it in. Let those words land in your Heart.

Stage 5: Completion—A Sacred Letter to the One You Grieved

It’s time to shift into a state of unconditional love.

Pick up your pen once more.

Take a deep breath, roll your shoulders back, and sit up tall.

This is your invitation to write a heartfelt letter to the person, situation, or version of yourself that you once grieved. This letter is not for performance, and this time, you are not writing from sadness or hurt. You are speaking from your Heart to theirs—with the language of the Soul. A language that only flows through the vibration of “thank you” and “I love you.”

Start writing now.

When the words have found their way onto the page, pause for a moment. Close your eyes, place a hand on your Heart, and feel the energy of completion.

You’ve turned grief into gratitude—transmuted pain into love.

This is integration. This is healing.

SOUND ACTIVATION: THE POWER OF *YAM*

The sound associated with the Heart Center is *yam* (pronounced *yahm*).

This sound activation is the vibrational key that helps open, harmonize, and energize your Heart Energy Center—your portal to Love, compassion, and emotional coherence.

When we chant *yam*, we're not just making a sound. We are softening the armor. We are clearing grief, dissolving sadness, and awakening the pure presence of Love that lives within us.

Yam has a nurturing quality. It holds the frequency of forgiveness, of wholeness, of receivership. It helps release the grief that may have weighed down your chest for years.

As we prepare for the breakthrough ahead, I invite you to bring your awareness to the center of your chest—your Heart Space. You may want to gently place both hands over your Heart to anchor your intention.

Let's prepare to activate. Sit tall. Relax your shoulders. Lift your chest slightly. Close your eyes if it helps you turn inward.

Take a deep breath in through the nose . . .

Exhale slowly through the mouth.

Again, inhale . . .

Exhale . . . and soften.

On your next inhale, we'll chant the sound *yam* together.

Let it vibrate from your chest. Feel it ripple through your ribs, your shoulders, your spine, dissolving any final parts of the Heart wall.

Let it awaken your capacity to give and receive Love.

Inhale . . .

"*Yammmm.*"

Again.

Inhale . . .

"*Yammmm.*"

And one more time.

Inhale . . .

"*Yammmm.*"

Feel the vibration.

Feel your Heart expand.

Hold the Energy.

And when you're ready, we'll start closing this sacred practice.

BREATHWORK 4:

Quantum Coherence Breathwork

The full breathwork facilitation is available in the online portal.

This practice helps soften and release the weight of unresolved grief in the Heart, bringing coherence back into the field and restoring openness to love.

There comes a moment when the breath becomes more than air; it becomes communion. A sacred bridge between the human and the Divine. This is that moment.

This breathwork is not simply a technique; it is a remembering. Of who you truly are. Of what still longs to be felt. Of how deeply you are loved.

This breathwork is designed to:

- Gently dissolve the protective armor around your Heart
- Clear the energetic residue of grief, betrayal, heartbreak, or disconnection that may still linger in your field

This audio activation has been crafted to support your Heart's opening in a safe and sacred way.

CLOSING INTEGRATION

The gift of the Heart is that even the heaviest grief can become the very doorway back to love. When this center clears, the field becomes coherent again—your breath deepens, your immune system strengthens, and your relationships shift from protection into connection. You move from carrying the weight of loss into embodying compassion, forgiveness, and joy.

Take a moment to acknowledge what you've just moved through.

You have entered the Divine energy of your beautiful Heart—not as an idea but as a living field.

You have touched grief. You have spoken the unspoken. You have met parts of yourself—and others—that were left behind in the field of the unsaid.

This is not surface work. This is sacred repair.

You are not the same frequency you were when you began this chapter. Your Energy has shifted. Your Heart has opened—perhaps just a little, perhaps wide.

Whatever you felt—or didn't feel—was perfect. There is no “right” way to grieve or heal. There is only the willingness to stay present, to stay curious, and to keep showing up for your own becoming.

Grief, when honored, becomes grace. Unspoken pain, when witnessed, becomes peace. And the Heart, when given permission, knows how to return to love.

Place your hands on your Heart once more.

Close your eyes.

Take a breath in through your nose . . .

Exhale slowly through your mouth . . .

Feel the spaciousness that has been reclaimed.

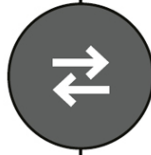
You are not broken. You are building a new resonance—one that allows you to receive love, to give it, and to live from it.

As you prepare to close this chapter, you may choose to enjoy the meditation practice “Journey to the Soul” available in the Online Portal. This final experience will anchor the frequency of Love into your entire system—physical, emotional, and energetic.

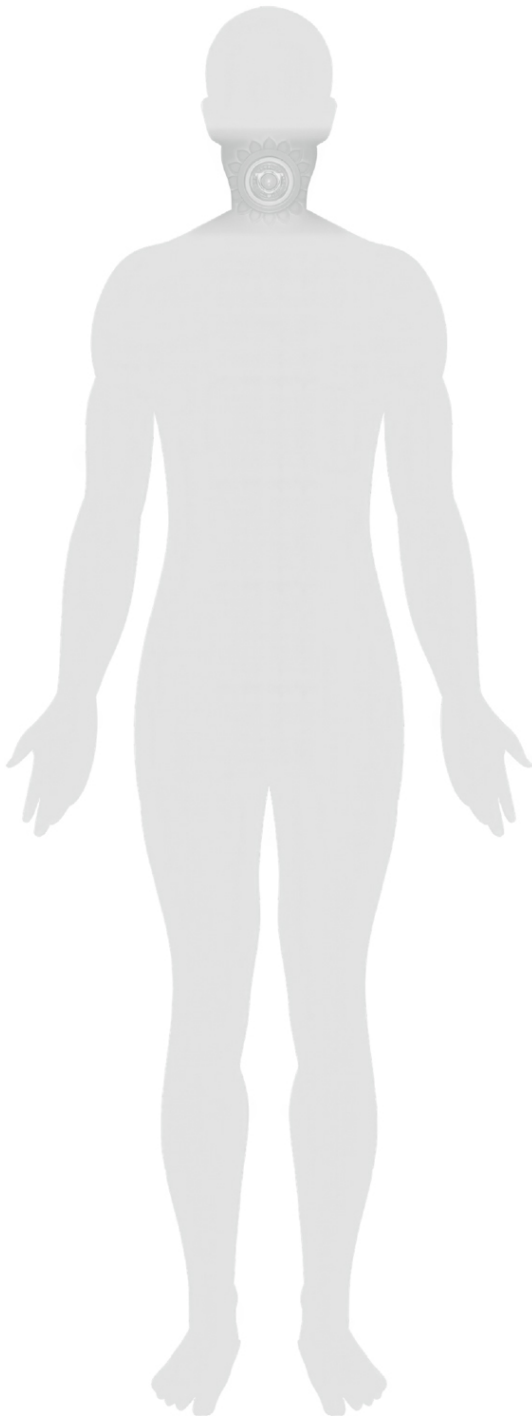
It's not a visualization; it's integration.

A return to your true frequency. A recalibration into coherence. A remembrance of who you are.

Throat Energy Center



Personal Development



- Throat Energy Center
- Vishuddha

Color	Blue
Location	In the neck/ throat area
Body Connections	Thyroid & parathyroid, throat & neck, jaw, vocal cords, mouth, teeth & gums, ears
Instruments	Brass, clarinet, oboe, violin
Key	G, G#
Attributes	Communication, self- expression, creativity, expression of will, divine guidance, inner voice, speaking one's truth
Blocked By	Lies

CHAPTER 7:

Throat Energy Center— Personal Development

Your truth will set you free. But first, it will shatter your illusions.

There's a reason this chapter comes after the Heart.

Once you've dared to feel—really feel—yourself, your relationships, your grief, and your capacity to love, the next step is to *speak* it.

To *live* it.

To *claim* it.

You begin living a life by design—not a life by default—to live a life true to *you*, not the life others expect of you.

The Throat Energy Center is where truth meets expression—where Energy begins to take form through language, sound, intention, and action. In the yogic tradition, this center is called *Vishuddha*, meaning purification. Associated with the element of ether and the color blue, its mantra is *ham*, pronounced softly as *huhm*—a vibrational key for resonance, release, and revelation.

Physiologically, it governs the thyroid, throat, vocal cords, neck, teeth, lips, mouth, and metabolism. But vibrationally? It governs the degree to which you are willing to be seen and heard—to no longer hide the uniqueness of your true Self behind socially accepted masks.

This is the Energy Center of congruence. Of authenticity. Of choosing true alignment over approval.

Are you living in full alignment with who you really are?

The truth is, most people aren't. They're still hiding—silencing themselves to stay comfortable, accepted, or safe.

In her book *The Top Five Regrets of the Dying* (2012), palliative care nurse Bronnie Ware shared a powerful truth she heard time and again from those at the end of life: “I wish I’d had the courage to live a life true to myself, not the life others expected of me.”

It was the most common regret she recorded.

This one statement reveals the silent suffering of so many people who spent their lives living according to someone else’s values, expectations, or definitions of success.

They chose safety over Soul; expectation over expression.

And it’s precisely this fracture that the voice of truth heals.

Because when we begin to speak and act honestly—with ourselves and with others—clarity returns.

We stop performing.

We start radiating.

Not just what we do, but why we do it. Not just what’s expected, but what’s real.

And from that clear space, we begin to make choices that align with our resonance, not our fear.

But that alignment doesn’t always come easily. It often requires us to confront the ways we’ve been hiding—betraying our authenticity, silencing our voice, or shaping ourselves into versions that feel more “socially acceptable” rather than unapologetically real.

I know this intimately. Earlier in my life, I didn’t realize that I was trying to fit into the status quo—speaking, acting, and expressing myself in ways I thought would satisfy others and help me “fit in.” But beneath the surface, I was shrinking. Dimming my Light. Unconsciously yearning for acceptance.

And although those actions seemed harmless on the surface, they were slowly teaching my unconscious mind a dangerous belief: That I couldn’t be me. That I wouldn’t be accepted if I were truly myself.

For many, this area of life is the most blocked of all.

Why? Because truth is dangerous to the ego.

It disrupts the persona. It challenges the programming. It threatens the relationships and routines built on silence, people-pleasing, and illusion.

And yet—truth is freedom.

It is also health. Studies in psychoneuroimmunology have shown that the chronic suppression of emotion and authenticity correlates with immune dysfunction, increased inflammation, and long-term risk of disease (Kemeny and Schedlowski 2007). Unexpressed truth quite literally becomes *issues in the tissues*, because the Soul doesn't tolerate lies—not even subtle ones.

There is so much energy lost in lies and suppression. So much frustration, procrastination, and emotional exhaustion come from not expressing who we truly are. Most people aren't tired because they've done too much—they're tired because they've suppressed too much.

On the flip side, expressing your truth, authentically and unapologetically, has been linked to increased self-esteem, emotional regulation, and psychological well-being. Research in personality psychology shows that people who are open, expressive, and connected to activities that are aligned with their true values report higher levels of happiness and resilience. By contrast, those who habitually suppress their emotions or struggle to express themselves authentically tend to experience greater emotional turbulence and lower well-being (Asquith et al. 2022).

When we hold back who we are, we're not just making emotional compromises—we're also weakening our psychological foundation.

In this chapter, I'll guide you through a powerful exploration of what it means to speak—and live—your truth.

Because when you speak your truth, the Universe listens.

When you act on your truth, your destiny begins.

Recognizing the State of Your Throat Energy Center

The Throat Energy Center is the center of truth, congruence, and authentic self-expression. While many associate this center with simply “speaking up,” it governs something far deeper: the alignment between our inner truth and our outer action.

When this Energy Center is open and balanced, there's a seamless connection between what we believe and how we show up. What we say is what we mean. What we do reflects who we are. There's no posturing, no pretending—just presence.

But when our Throat Energy Center is blocked, we start living a double life. We nod when we want to say no. We laugh when something hurts. We shrink, defer, or dismiss ourselves just to avoid discomfort. We remain silent when the truth needs to be spoken.

And the cost of that dissonance is enormous. Not just energetically—but physically. I’ve seen it repeatedly in clinical practice: thyroid dysfunction, tension or pain in the neck and jaw, chronic fatigue, poor posture, and inflammation. When we hold back what needs to be said—or who we came here to be—our bodies carry the burden, and the uniqueness of our own energetic signature gets distorted or even buried.

The truth we don’t express becomes the prison in which we live.

And here’s the thing—it’s not just the lies we speak out loud. Sometimes the most dangerous lies are the silent ones. The ones we tell ourselves:

I’m fine.

It’s too late for me.

This is just how life is.

I am too old.

I’m happy with my job.

It’s not going to work for me.

If I speak up, there will be conflict (so I’m just going to stay silent).

If you want to activate your unique gift to the world, you must go beyond surface-level honesty and ask: Where am I not being fully being me?

Where is there a gap between my Soul and my schedule?

Between my knowing and my doing?

Between the life I’m currently living . . . and the life I came here to lead?

[Figure 7.1](#) summarizes the imbalanced and balanced expressions of the Throat Energy Center. These are not diagnostic labels but energetic signals—indicators of where the authentic you is aligned with truth and where it may be suppressed or distorted. As you review the figure, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how evenly energy is flowing through your voice and self-expression.

Throat Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance

Fear of speaking one's truth	Clear, confident, and authentic self-expression
Suppressing opinions, needs, or ideas	Freedom to express thoughts, feelings, and ideas
Inconsistency between words and actions	Integrity between inner truth and outer expression
Negative or self-sabotaging inner dialogue	Supportive, conscious, and empowering self-talk
Anxiety about being judged or misunderstood	Confidence in sharing one's perspective
Speaking impulsively, dishonestly, or out of alignment	Calm, intentional, and truthful communication
Over talking, gossiping, or attention-seeking	Discernment in when to speak and when to listen
Ignoring intuition when making decisions	Trust in inner guidance and intuitive knowing
Feeling unheard or invalidated	Belief that one's voice and contribution matter
Stagnant personal growth due to self-censorship	Personal growth through honest self-expression

Figure 7.1: Core expressions of imbalance and balance of the Throat Energy Center.

When the Throat closes, it doesn't just silence your voice. It interferes with your entire field. In the Vibrational States of Consciousness, this center often collapses into the zone of resistance. Here, communication becomes distorted. Anger erupts. Pride takes over. Suppression and untruth creep in. Illusion clouds perception. And the body feels it—tension in the jaw, strain in the neck, stress hormones flooding the system.

But when the Throat Energy Center opens, the frequency shifts. You rise out of resistance and move into the zone of expansion, acceptance, forgiveness, and authentic expression. The nervous system softens. The

breath deepens. Creativity flows. Relationships heal as clarity replaces confusion.

Your voice becomes a channel for truth. And truth always sets energy free.

This is where the real work begins. Because the liberation of energy is not just an idea—it must be embodied.

In this chapter, I'll guide you through practices to bring those truths to the surface. Some will feel empowering. Others might sting. But all of it is medicine.

Because living your truest, most authentic life is not just about words—it's about alignment. And when you live in alignment with truth, inspiration doesn't need to be summoned; it rises naturally from within.

The Interference: Lies, Suppression, Subordination & Self-Deception

Let's be honest—most of the lies we carry aren't the big, obvious ones. They're the subtle ones. The inherited ones. The ones we've repeated so many times, in so many ways, that they start to pass for truth.

They show up in the way we downplay our needs. In the way that we avoid difficult conversations. In the way that we keep ourselves small enough to stay agreeable.

We convince ourselves it's easier not to speak up. That we're being kind by staying quiet. That it's not the right time, not the right person, not the right words.

For some of us who are parents, we even project this onto our children, trying to condition them to be the way we want them to be, rather than watching and observing in awe as their unique God-given energetic signature expresses itself as it is meant to.

When we ignore what our Soul is saying, we create static and stagnation in the system.

The truth is that what we suppress doesn't disappear—it becomes tension, disconnection, and fatigue. And over time, it becomes who we think we are.

Let me give you a simple example.

There was a time in my life when I'd say things like, "I'll be there in two minutes," knowing full well it would be five or ten. It seemed harmless. Everyone does it, right?

But here's the thing: The unconscious mind doesn't know it's untrue. It is completely open to suggestion and takes everything you say, feel, think, and do for a fact.

It hears me make a statement—and then watches me not follow through. Over time, that tiny gap between what I said and what I actually did became a crack in my self-trust. My mind and body started believing that I was someone who was inauthentic and did not follow through, and as a result, shame and guilt built up.

Over time, what we repeat becomes who we believe we are. A habit reinforced often enough forms the patterns of character.

Psychologists have found that even these micro-misalignments—when our behavior subtly contradicts our internal beliefs—can interfere with personality development over time. Longitudinal studies show that people who regularly suppress their truth or self-abandon under pressure tend to stagnate in growth-related traits like confidence, openness, and self-direction (Hudson and Fraley 2015). When I learned that, it hit me hard. Because I could see it clearly: I was out of alignment in the little things. I began to notice my inconsistencies. Not just the obvious lies—but the subtle ones too.

I started speaking with more precision, unapologetically and truthfully. Owning what I meant, even if it upset others. Following through on what I said. Noticing where I was withholding out of fear or habit.

Am I perfect? Absolutely not! I still make mistakes all the time, but I promised myself that I would always try to fully express my uniqueness, love, and truth.

Science supports this kind of intentional shift. Research shows that traits like emotional stability, conscientiousness, and self-trust aren't fixed—they can evolve through deliberate practices like journaling, meditation, and truth-based self-reflection (Bleidorn 2012). In other words, our alignment work doesn't just make us feel better. It rewires us.

I've seen this truth come alive in real people—those who've done the inner work to align their voice, their breath, and their life. Mohammed, one of my private clients, shared that he had reached a point where suppression had turned inward. Years of trying to "keep up" with his high-pressure work

environment and constantly trying to meet the professional goals he had set for himself became the perfect recipe for depression and addiction to cigarettes, alcohol, women—anything to numb what he couldn't yet express. Eventually, his body began to fail. He was hospitalized with dangerously low oxygen levels, which he described as living with “concrete boots and chains,” unable to breathe or move freely.

Through coaching and breathwork sessions, he began to release what had been locked inside for years. With each round of breath and each truth spoken, the weight lifted. He later said he felt “weightless and free.”

Now, years after the coaching has concluded, Mohammed remains smoke- and alcohol-free, his oxygen levels are restored, and his energy is clear. He told me, “My world is open now. Everything feels easier. I finally know I can breathe again, and my business has grown five times since. I also met the love of my life, and we're getting married next year.”

This is what happens when the Throat Energy Center awakens—when the voice is reclaimed, the breath moves freely, and the energy of truth begins to resonate through every part of life. You do not need to wait for physical illness or a breakdown in your life or business for the transformation to begin. If you are open and courageous, it begins right now.

BREAKTHROUGH PRACTICE 5: THE TRUTH AUDIT

This is where we get real.

This is where we stop performing and start purifying.

After activating your Throat Energy Center, the authentic energy of You will be more open—more receptive to truth. Which means it's time to clear out what doesn't belong: the lies, the masks, the patterns of suppression that have quietly shaped your life for far too long.

This process may feel uncomfortable. That's a good sign. It means the energy is moving.

Read This Before You Start

This is a closed-eye breakthrough practice followed by a writing exercise. Please read through the entire process first before you begin.

Stage 1: Clearing the Static

This stage is about dissolving illusion and reconnecting with what's real. You'll move through three layers of inner truth:

- Where you're lying to yourself
- Where you're lying to others
- Where you're subordinating to someone else's vision for your life

Step 1: Prepare

- Find a quiet space.
- Get your journal or piece of blank paper and a pen.
- Write *My Truth* at the top of the page.

Now take a deep breath in through your nose . . .

Exhale through your mouth.

Place a hand on your throat.

Close your eyes and feel into what's been stored here—truths unsaid, roles you've outgrown, voices you've silenced.

Take one more deep breath and exhale fully.

Then open your eyes, go to the biggest lie (don't pretend or play small), and begin.

Step 2: Writing Integration

Begin writing. Get honest, even if it's messy.

Ask yourself: *Where am I lying to myself?*

- Are there beliefs you've outgrown, but you're still clinging to?
- Are you pretending something is fine when it isn't?
- Are you staying in something—work, relationships, habits—that your Soul has already outgrown?

Write down at least **three examples**, and feel them fully.

They can be thoughts, words, behaviors, or emotional patterns.

Don't overthink it—just write. Let the ink be your exhale.

Next ask yourself: *Where am I lying to others?*

This isn't about blame or shame. It's about energetic leakage.

- Where are you withholding your truth?
- Where are you saying what's convenient, rather than what's real?
- Where are you performing a role that no longer fits?

You don't need to act on it yet. You don't need to confront anyone or share this with anyone; this is just for you, so this is not the time to hold back!

Just acknowledge it here, in writing.

This is the start of your rebirth into the real You.

Next, is the big one. Ask yourself: *Where am I subordinating to others or outside influences?*

- Where are you shrinking?
- Where are you avoiding expression, avoiding your calling, avoiding your *truth* in order to make others comfortable?
- Where have you convinced yourself it's too late, too hard, or too risky to become who you really are?

Write it down. Even if it stings. Especially if it hurts.

This is not a test—it's a return.

The part of you that is ready to speak is the part of you that is ready to heal.

Now here comes the real question: What are you going to do about this?

What actions must you take to stop living a lie and align with your Truth?

Write it down, and start setting yourself free.

SOUND ACTIVATION: THE POWER OF *HAM*

To deepen the work of truth-telling and expression, we must attune the Throat Energy Center, or *Vishuddha*, which cleanses distortion, unlocks resonance, and anchors the frequency of your authentic voice.

The vibrational sound of Vishuddha is *ham*, pronounced softly as *huhm*.

When we chant *ham*, we're not just making a sound—we're attuning to a frequency. We're clearing the static that's built up over years of silencing ourselves. We're shaking loose the residue of shame, fear, and swallowed truth. And we're making space for our Soul's voice to come through.

The vibration of *ham* moves through the Throat like a tuning fork—activating, cleansing, and energizing the space where expression meets embodiment.

So let's begin.

Sit tall. Spine upright. Shoulders soft. Heart slightly lifted.

Bring one or both hands gently to your Throat.

Close your eyes.

Take a slow, deep breath in through your nose . . .

Exhale fully through your mouth.

Again—inhale deeply.

And as you exhale, softly begin to chant:

"Haaaammmm."

Let it vibrate.

Let it travel.

Feel it reverberate through your throat, your jaw, your chest.

Let the sound move through the places where your truth has been quiet.

Do it again.

Big breath in . . .

"Haaaammmm."

This time, imagine the sound moving through every word you've never said. Every truth you buried. Every moment you held back.

Let your *ham* loosen it.

Let your *ham* carry it.

One more time. Deep inhale . . .

"Haaaammmm."

Feel the energy opening.

Feel the current moving.

Feel the space clearing.

This is your voice. Your frequency. Your channel for truth.

When you're ready, gently open your eyes and bring your awareness back to the room.

Your Throat Energy Center is awake. Your truth is online.

BREATHWORK 5:

Sufi Breath with Spinal Breathing

The full breathwork facilitation is available in the online portal.
This breathwork is designed to:

- Clear distortion in the Throat and restore resonance between who you are and how you express.
- Support the release of stuck stories and suppressed expression
- Open the central channel from Root to Crown

The vibration of the mantra *ham* then anchors coherence and truth back into your field.

This is the breath where your voice returns. The breath where distortion clears. The breath where truth begins to rise.

This is not just breathwork; it's purification. It's resonance. It's your return to authenticity.

CLOSING INTEGRATION

Our Throat Energy Center asks one thing of us: Integrity.

Not perfection. Not constant confidence. But congruence.

It asks us to tell ourselves the truth. To speak it when it matters. To live it even when it's inconvenient.

Because when we stop hiding, we stop leaking energy. When we stop shrinking, we stop blocking our vision. And when we stop lying—even subtly—we start to hear the whisper of inspiration again.

It's not about being loud; it's about being *true*.

The truth, when embodied, doesn't need to shout. It simply resonates.

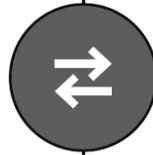
From this moment on, may your words carry weight. May your presence speak louder than performance. And may your voice—your real voice—become the portal through which your destiny speaks.

You are the message and the magic.

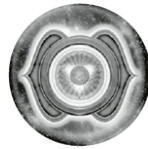
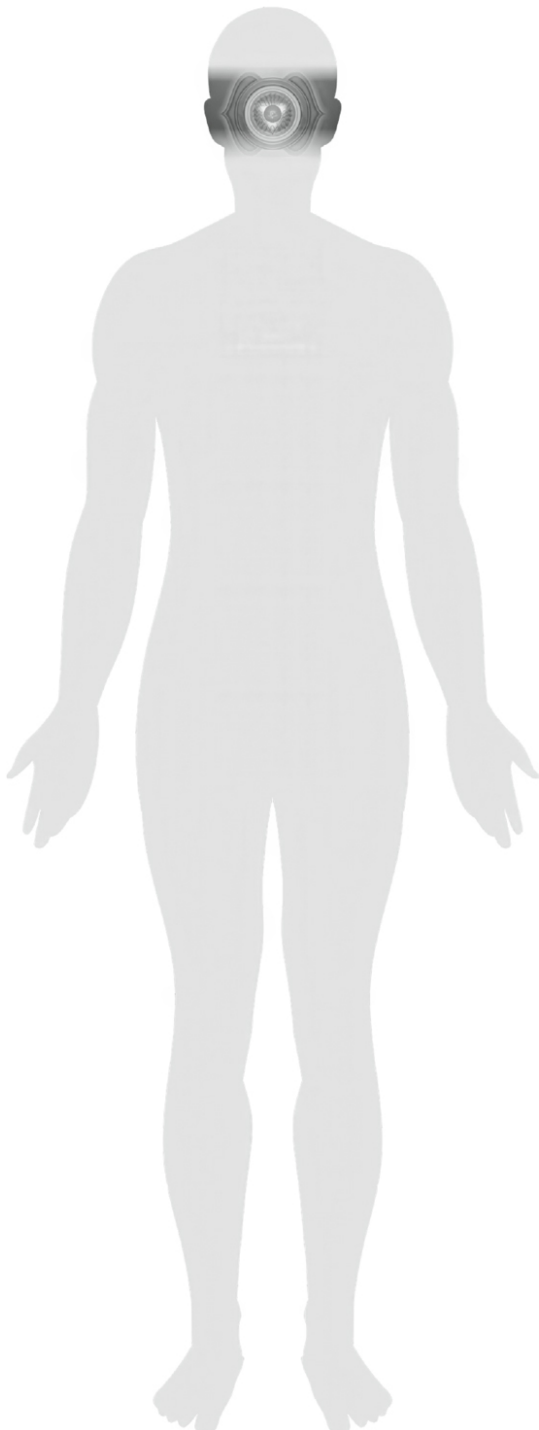
You are the frequency and the field.

You are the one who remembers; you are the hero you've been waiting for.

Third Eye Energy Center



Business, Career & Vocation



- Third Eye Energy Center
- Ajna Brow Chakra

Colour	Indigo
Location	On the forehead just between the eyebrows
Body Connections	Pituitary gland, pineal gland, eyes, forehead, brain
Instruments	Piano, flute, oboe, trumpet, chimes
Key	A, A#
Attributes	Spiritual awareness, seeing, insight, visualization, intuition, psychic powers, vision, clairvoyance, imagination
Blocked By	Illusion (of separation)

CHAPTER 8:

Third Eye Energy Center —Business, Career & Vocation

When you can see the invisible, you can achieve the impossible.

— PAT RILEY

We live in a world where many people wake up each morning with a subtle ache—an invisible thread of dissatisfaction tugging at their chest. They might have a job, maybe even a good one. A business. A role, a perceived persona. But deep down, they know something isn't aligned.

I see this in high-performing entrepreneurs, executives, parents, everyday people, and practitioners alike. There's this quiet, persistent whisper that says: "Surely, I was made for more than this."

The truth is, most of us were raised in a paradigm that separated our spiritual calling and "energy signature" from our professional path. We were taught that they are separate and, in fact, mutually exclusive. We were conditioned to go to school and get a good education (in a broken educational system designed for workers and followers). We are told to pay the bills and play it safe. Maybe chase our dreams on weekends, or when we retire.

That is the illusion of separation.

The separation between what we love and what we do for a living. The separation between our Soul's calling and our career path. The separation between intuition and income.

But here's the truth: That separation isn't real.

When we live out of alignment with our Soul's true calling, it shows up as fatigue, burnout, despair, and the constant need for external motivation. We begin chasing energy instead of channeling it. When you're living life out of alignment, when you're not truly in love with what you do, you seek motivation—an external push that requires energy—from outside yourself.

But when you begin to do what you love and love what you do, you no longer need external motivation to keep going—because you're powered by inspiration. Inspiration is an internal pull. It doesn't take your energy. It gives you energy.

This is the shift that begins to happen when the Third Eye begins to awaken.

This next stage of our journey is where that illusion begins to dissolve. Because when we arrive at the Third Eye Energy Center, we begin to *see*. Not just with our physical eyes, but with our inner vision—with foresight, insight, and Soulsight. This is the Energy Center of true perception, insight, intuition, and imagination. It sits between the eyebrows and connects us to what's possible beyond the five senses.

Seeing Through the Illusion: The Role of the Third Eye

The Third Eye Energy Center, known in Sanskrit as *Ajna*, governs the area of life connected to perception, insight, and spiritual vision. Its element is light, representing clarity, awareness, and expanded consciousness. Located between the eyebrows, it serves as the bridge between intellect and intuition—the meeting point where knowledge becomes wisdom and vision becomes reality. Its color is indigo.

When this center activates—when the “all-seeing” eye opens—we begin to perceive our life's work and purpose from a higher level of awareness. We realize we were never meant to compartmentalize our calling. We were meant to live it. To embody it. To channel and create from it.

This chapter is an invitation to shift. To move from fragmentation to fulfillment. From labor to legacy. From career to calling.

Your Third Eye Energy Center is not just the gateway to spiritual vision—it is the portal through which your *purpose* becomes clear. The Third Eye—the energetic center of insight and foresight—is directly connected to your ability to perceive and step into your true path. You’ll break the illusion that your business or career is just about performance or productivity. And you’ll begin to rewrite the narrative that your work is worship, your mission is medicine, and your vocation is vibration.

Because it’s not true. You were not born to work a job. You were born to walk a path—*your* path.

And when that path aligns with who you truly are, that’s when your Soul starts to sing.

The Third Eye Energy Center is more than just a symbolic gateway to inner vision. It’s both a spiritual faculty and a biological reality. This center corresponds to the pineal gland, a pea-sized organ nestled deep within the brain.

The pineal gland functions as a transducer—a receiver, transmitter, and amplifier of electromagnetic signals. It’s lined with microscopic crystals known as calcite rhombohedrons and contains the same type of photoreceptor cells found in our eyes. This is why some cultures call this center the *first* eye, not the third.

When the pineal gland is activated in combination with the pituitary gland, they can release a powerful compound known as dimethyltryptamine (DMT)—a naturally occurring molecule that’s measurable in the body. DMT is sometimes referred to as the “God particle” or the “spirit molecule” for its role in near-death experiences, dreaming, and deep meditative or psychedelic states.

The Divine Union Within—Pituitary and Pineal as the Third Eye

Within the sacred architecture of the brain lies this holy union of the pituitary and pineal glands: not just physical organs but a convergence of two sacred polarities that many ancient teachings refer to as the Third Eye.

The pituitary gland, positioned behind the bridge of the nose, represents the Divine feminine—the mother of intuition, emotional insight, and imaginative creation. It governs hormonal balance and inner emotional guidance, whispering softly in dreams and symbols.

The pineal gland, seated deep in the center of the brain, embodies the divine masculine—the projector of inner vision, light, and clarity. It is often called the Seat of the Soul and is biochemically wired to transmit light through neurochemical messengers like melatonin, serotonin, and endogenous DMT.

Together, these glands form the living mechanics of the Third Eye:

- The pituitary receives the inspiration.
- The pineal projects the revelation.
- And consciousness witnesses the vision that unfolds.

When these two glands are balanced and activated in unison, they unlock a gateway—a stargate of perception—through which we may see beyond illusion, pierce the veil, and access the multidimensional nature of reality.

At the biological level, the pituitary gland orchestrates hormonal messages throughout the endocrine system and the pineal regulates circadian rhythms and melatonin.

At the energetic level, their union generates a coherent electromagnetic field—a bridge between human perception and divine intelligence.

When these two come into harmony, something sacred happens:

The masculine and feminine within unite.

Signal and embodiment merge.

Vision and knowing become one.

From that resonance, the Crown begins to open—not as a concept, but as a living frequency.

To awaken the Third Eye, we must first harmonize the feminine and masculine within—bring the body into coherence, detoxify the body and the mind, and enter the stillness where insight arises. In this sacred space, the Third Eye doesn't simply open—it activates, it remembers.

And when it does, we no longer see with eyes alone.

We perceive with the Soul.

But the true power of the Third Eye isn’t limited to vivid inner vision or transcendent states. Its gift is clarity—piercing through illusion to reveal what’s always been true.

Recognizing the State of Your Third Eye Energy Center

The Third Eye gives us the gift of vision—but vision can either be clear or clouded. At times, this center expands into clarity, intuition, and foresight. At other times, it contracts into confusion, illusion, or disconnection.

[Figure 8.1](#) summarizes the imbalanced and balanced characteristics of the Third Eye Energy Center. These are not diagnostic labels. They are energetic signals—indicators of where your perception is clear and aligned and where it may be distorted by resistance or illusion. As you review the figure, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how this center is currently expressing itself—where it feels strong and where it may need gentle support.

Third Eye Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance
Rigid or inflexible thinking that limits innovation	Independent, strategic thinking
Overreliance on logic while dismissing intuition	Integration of intuition with rational analysis
Difficulty seeing the bigger picture or long-term vision	Clear vision and long-range perspective
Confusion, mental overload, or unclear priorities	Mental clarity and focused attention
Fear-based or anxious decision-making	Calm, confident, decision-making
Inability to trust one’s own	Trust in inner knowing and

judgment	professional instinct
Judgmental or biased perceptions of people or situations	Objective perception free from prejudice
Difficulty learning from past experiences	Ability to reflect, adapt, and learn from experience
Loss of direction, purpose, or vocational meaning	Strong sense of purpose and vocational alignment
Frequent misinterpretation of signals, trends, or reality	Ability to recognize patterns, trends, and insights

Figure 8.1: Core expressions of imbalance and balance of the Third Eye Energy Center.

When the Third Eye is balanced, perception expands beyond the limits of logic. You trust your intuition. Synchronicities increase. Decisions arise from clarity rather than confusion. You sense alignment between your thoughts, emotions, and purpose, and creative ideas flow with ease.

When it becomes imbalanced or clouded, the opposite occurs. You may overthink, doubt your intuition, or become lost in fantasy or fear. Clarity blurs into confusion, and decisions feel heavy or forced. You might find yourself chasing external validation instead of listening to the voice within.

These fluctuations aren't failures—they're feedback. Each moment of distortion is simply showing you where perception has narrowed. When you return to presence, you return to truth. Seeing clearly isn't about having more answers—it's about removing the interference that clouds what's already known.

The Interference: Illusion of Separation

One of the most persistent illusions the Third Eye helps us dissolve is the illusion of separation. This illusion is the root cause of vocational misalignment. It tells us we must choose between money and meaning, between safety and Soul, between what we *should do* and what we *feel called to do*. It keeps us fragmented—split between our higher purpose and our daily to-do list.

But that illusion only holds power when we forget who we really are.

Because when you awaken to your true nature—a unique consciousness experiencing itself through form—you begin to realize your calling is not a separate thread from your life. It *is* your life. Every experience, every skill, every struggle you’ve overcome has been preparing you to embody your purpose more fully.

When the Third Eye opens, we stop chasing external validation and we start following inner alignment. We stop asking, “What should I do?” and begin asking, “Who am I here to be?”

Studies in organizational psychology confirm that the more aligned we are in our work, the more alive we feel in our lives. Self-determination theory, one of the most widely researched models of inspiration, shows that people thrive when they feel *autonomy*, *competence*, and *connection*—not just when they’re productive but when they’re fulfilled (Reeve et al. 2021). These aren’t just workplace perks. They’re Soul-level requirements.

Likewise, a major study into workplace well-being found that job satisfaction—especially when paired with social connection and work-life balance—was a powerful predictor of overall well-being and mental health (Sironi 2019). When our work nourishes our values, we don’t just perform better. We come alive as ourselves.

Alignment at work leads to retention, resilience, and resonance. That’s why I find my work with corporate wellness initiatives so rewarding—it improves the workplace and the bottom line while directly helping and inspiring the people who work there. When we feel good in our work, we do good in the world.

Clarity of Vision

One of the most moving examples of Third-Eye activation I’ve ever witnessed came through a student named Denise. She attended one of our Quantum events with her mother, who acted as her carer. Denise had been legally blind for many years. Her eyes had a gray, glassy appearance. You could see it in the way she navigated the room—slow, careful, guarded.

When I first spoke with her, I asked what might seem like a simple question: “Denise, what’s your vision for the future?”

She hesitated. “I’m not sure,” she said. “Maybe . . . something about inspiring people?”

Then I felt it—one of those undeniable downloads. I looked her in the eyes and said, “When are you going to do your TED Talk?”

She froze. Her mother looked stunned. “Did you tell him?” she whispered.

Denise shook her head. “No,” she said softly. “But that’s exactly what I’ve been thinking about. I want to speak about vision—not eyesight, but true vision.”

It was as if her Soul had already seen it.

She went home, wrote the talk, and began preparing to share her story with the world. But that wasn’t the most astonishing part.

A few weeks later, I received an e-mail from her. She had been practicing my Quantum Breathwork, integrating what she learned at the event. One day, she woke up and noticed something was different. Her left eye lens had shifted. She could see—physically *see*—out of that eye for the first time in years.

Her ophthalmologist was in disbelief. For her, it was a miracle. For us, it was a moment of profound remembrance: When the Third Eye activates, we begin to see not just with our eyes but also with our Soul. When interference is removed, the physical body increases in energy, frequency, and vibration, making physical healings possible.

Denise’s story is not about eyesight. It’s about *insight*. It’s about knowing that your vocation—your true mission—is already within you. Sometimes, it just takes a clearing of the fog, a piercing of the illusion, for the path to appear.

And when it does, it feels like coming home, giving you inspiration and energy.

When the Third Eye is activated, something powerful happens. Not just spiritually—but physically, energetically, and biologically. The body begins to heal. The dormant parts of our nervous system “come back online” as the mind begins to still. The Soul begins to see.

As Energy rises and the upper Energy Centers begin to open, you may feel this shift viscerally: tingling, buzzing, waves of clarity, or emotion. That’s not your imagination. That’s energy flowing through pathways that may have been blocked for years. You are upgrading—on every level.

This is what happened to Denise and to thousands of others we have worked with over the years.

Because when we *see*—not just with our eyes, but with our hearts and our true frequency—healing is not just possible; it’s inevitable.

As with the other centers, the Third Eye maps directly onto the Vibrational States of Consciousness. When perception contracts into illusion or confusion, this center slips into the zone of resistance. Clarity clouds. Truth distorts. The nervous system mirrors the stress.

But when the Third Eye clears, the field rises. Into expansion. Into creative flow. Intuition sharpens. Vision awakens. Your vocation aligns with your Soul.

At these higher states, the illusion of separation dissolves. We begin to feel ourselves as part of something greater—connected to everything, everywhere, all the time. Many of the great teachers—Jesus, Buddha, Confucius—walked at this frequency. But this path isn’t reserved for saints and sages. It is available to *you*, right now.

The question isn’t *if* you’re capable of aligning your work with your Soul.

The question is: How aligned are you currently, and how aligned do you want to be?

This isn’t something we wait for. It’s something we choose. With every meditation, with every breath, with every aligned decision—you are choosing to express your own unique vibration.

The Third Eye gives us the gift of vision. Not just hindsight, not just insight, but foresight.

The ability to see the path your Soul came here to walk—and the courage to walk it.

And as you pause here, I invite you to reflect. Not everyone reading this feels completely out of alignment with their business, career, or vocation. Many already love what they do. But even when things appear aligned on the surface, I’ve seen again and again that there’s always another level of refinement—a deeper harmony waiting to be activated.

Alignment doesn’t always mean changing your job or reinventing your life. Often, it begins with subtle shifts inside your current reality.

Consider the following questions:

- What do I love most about my work?

- What aspects drain me or feel like friction?
- Where am I not using my greatest gifts?
- What can be done faster, better, and cheaper by someone or something else, freeing up time for me to work on what I love and what I am great at to deliver even more value to those I serve?

From these reflections, you might choose to initiate a conversation—with a business partner, a team member, or even just yourself—about how to realign your time and energy with the work that truly lights you up.

This isn't about quitting everything. It's about deepening your alignment, doing more of what energizes you, and delegating or releasing what doesn't. It's about creating space for a new level of mastery—and magic.

BREAKTHROUGH PRACTICE 6: VOCATION ALIGNMENT SELF-DISCOVERY

Purpose: To dissolve illusion and awaken vision

This practice will guide you to remember your Soul's calling and align your vocation with that deeper truth. As you move through the stages, you'll uncover the work that lights you up, clarify where you've been living in distortion, and anchor a new path forward in coherence with who you really are.

Preparation

Take a moment to prepare your space.

Find a quiet place where you won't be disturbed. Light a candle if you like. Soften the lighting. Turn off your phone. And most importantly—bring your presence. This isn't just an alignment exercise. It's a meeting with your Soul.

Grab your journal or workbook and a pen that feels good in your hand. Sit upright, with your feet on the ground and your body relaxed. Close your eyes. Take a few slow breaths, gently drawing your awareness to the space between your eyebrows—your Third Eye. Feel the energy there begin to awaken.

And from this space of calm, open perception, let the following questions guide you inward.

Stage 1: Remembering the Inner Spark

Write down one or two answers for each of the questions below:

- What topic could I talk about for hours without needing any motivation?
- What activities make me lose track of time and space?
- If I could do anything I wanted, what would I do?
- If I could be anyone I wanted, who would I be?
- What makes my heart sing and my Soul hum?
- If I had all the time and money in the world, what would I create or pursue?
- What feels most aligned to me—right now?

Let whatever comes be welcome. Even fragments or phrases may carry deep frequency.

Write freely, without filtering.

Now, go back and review your answers. Notice the patterns. Which words or ideas repeat themselves? What themes emerge?

This is a sacred conversation between you and the part of you that already knows. Even if you don't yet see how it all fits together, there is always a way to monetize your mission. This is the moment you begin to transition from doing what you *must* to living as a *Soulpreneur*—someone who brings purpose, passion, and service into whatever work they do, whether that's a business, a career, or a calling.

Stage 2: Feeling the Frequency of Your Future

Put down your pen. Place your hand on your heart.

Take a breath in . . . and let it out slowly.

Now soften your focus. Close your eyes. And let yourself feel—not think but *feel*—into the frequency of the life you are here to live.

This is not about imagining a fantasy. This is about remembering what it feels like when your Soul is in full expression.

What does it feel like to wake up excited about your work?

What does it feel like to walk into your day knowing you're fully aligned with your mission?

What does it feel like when creativity flows through you—and contribution flows out of you?

Feel the rhythm. Feel the peace. Feel the power. Hold that frequency in your body.

Because this is not just your vision—it's your vibration.

When you begin to live from that frequency, the Soulpreneur in you awakens.

Stage 3: Your Aligned Vocation

Before we move into breathwork, take a few quiet moments for this final practice.

You're not just here to think about your mission. You're here to embody it.

So, let's give it language.

Sit tall. Soften your gaze or close your eyes for a moment. Breathe deeply.

Bring into your awareness the feeling of being fully aligned with your calling—of living your vocation, not as an idea, but as a frequency. Let the sensation rise in your body.

From that space, begin to write.

Start with this prompt:

I

am

—

A voice for . . .

A vessel for . . .

A creator of . . .

A guide for . . .

A leader in . . .

A force of . . .

Let the words come through you without filtering or overthinking. You are not just crafting a personal brand. You are *remembering* your essence.

This is not a performance; it's a homecoming.

Keep writing until you feel something land.

Then start a fresh page and write a single, potent statement that captures your essence in this moment.

I

am

—

This sentence is sacred. Keep it close.

You'll return to it after the breathwork—when your pineal gland is open, your energy is flowing, and your Soul is fully online.

Because this time . . .

You're not just writing it.

You're becoming it.

SOUND ACTIVATION: *AUM*—THE RESONANCE OF VISION

The sound associated with the Third Eye Energy Center is *aum* (pronounced *ahwm*).

This isn't just a sound—it's a frequency. A vibration that clears the fog of illusion, amplifies your inner awareness, and tunes your energy field to clarity and higher vision.

When we chant *aum*, we are sending a ripple of energy directly into the space between the eyebrows—the pineal and pituitary portal. It's like striking a tuning fork inside your Consciousness. One that helps you *remember* who you are and why you're here.

Before you begin the next practice, I invite you to activate this center using the power of sound.

Sit tall. Close your eyes. Bring your awareness to your Third Eye.

Take a deep breath in through your nose . . .

And on the exhale, let the sound *aum* vibrate gently through your lips and into your skull.

“*Aummmm.*”

Again. Deep breath in . . .

“*Aummmm.*”

One more time . . .

“*Aummmm.*”

Feel it resonating—not just in your head, but in your being.

Let it awaken the part of you that sees beyond limitation. The part of you that already knows.

BREATHWORK 6:

Quantum Awakening Breathwork (Third-Eye Activation)

The full breathwork facilitation is available in the online portal.

This breathwork awakens the vision of your Soul and dissolves the illusions that cloud your path. As you move through it, you'll activate the Third Eye Energy Center and stimulate the cerebrospinal fluid to flow up your spine and into your brain to amplify intuition and insight. Most importantly, you'll anchor your “I Am” statement into your energetic field—so your vocation is no longer an idea but a living frequency within you.

This is the breath where your inner antenna awakens.

The breath where your Third Eye clears.

The breath where your vision becomes real.

CLOSING INTEGRATION

When the breath is complete, stay still. Let the silence speak. Journal if you feel inspired to.

Your body may feel lighter. Your mind may feel clearer. Your heart may be beating with a deeper sense of purpose.

Write down anything that came through—images, symbols, words, sensations, ideas, insights. Then return to your “I Am” statement and speak it aloud.

Not as a hope.

Not as a wish.

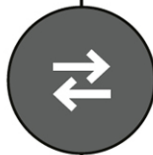
But as a truth already encoded in your being.

You are not here to chase your purpose. You are here to become it.

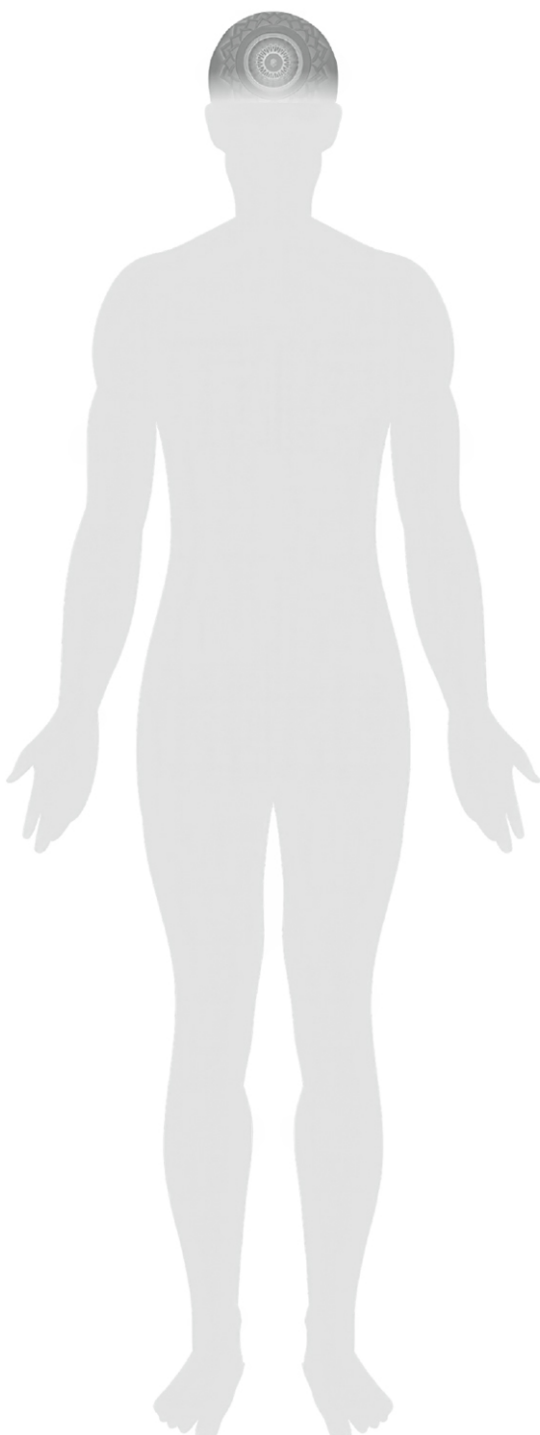
This is the alchemy of synergy. This is the activation of your true vocation. This is Vision.

And as Vision awakens, the next step is connection to the infinite. From clarity, we now rise into transcendence.

Crown Energy Center



Spiritual Fulfillment & Purpose



- Crown Energy Center
- Sahasrara (thousand fold)
- Lotus Chakra

Colour	Violet, white, gold
Location	Top of the head
Body Connections	Pineal gland, cerebral cortex, crown of the head, nervous system (overall)
Instruments	Strings, tinkling bells, chimes, crystal bowls
Key	A#, B
Attributes	Spirituality, energy, connection with the divine, pure awareness, enlightenment, fulfillment, cosmic consciousness, the absolute, grace, deep inner quest, intelligence
Blocked By	Earthly attachments / 3D world

CHAPTER 9:

Crown Energy Center— Spiritual Fulfillment & Purpose

We are not merely physical beings. We have a body, a mind, and a Soul. The body must be directed by the mind, and the mind must be guided by the Soul.

— PAUL BRAGG

There is a moment—sometimes experienced as brief, but always eternal—when we remember that we are not just minds in motion or bodies in action.

We are unique fractals of life force in expression. We are Consciousness experiencing itself. We are Light momentarily wearing form.

The Crown Energy Center, or *Sahasrara* in Sanskrit, invites us into this remembering. Located at the very top of the head, this seventh Energy Center is our connection point to the Divine, the infinite, the field of unified Consciousness. It is associated with the element of thought or pure Consciousness and is considered the portal through which we access Source, Soul truth, and spiritual intelligence. Its color is violet.

The Crown is the gateway—a portal to connect home. The point where the physical body meets the infinite and where the lower self is connected to the higher Self.

Physiologically, it is linked with the brain and the central nervous system—the higher cortical regions that govern awareness, perception, and consciousness. It also connects with the pineal and pituitary glands—the inner bridge between matter and Spirit, the Third Eye.

But more than any single organ, the Crown represents integration and unity.

Every cell. Every system. Every separate subtle field working as one.

Unlike the lower centers, which ground us into the human experience, the Crown lifts us beyond it. And yet, the purpose of this center is not to escape the world but to transcend *within* it. Not to wait for Heaven but to bring Heaven to Earth. To live a life of *inspiration*, where our inner values harmonize with our outer reality. Where we are not just reacting to life, but co-creating with it—on purpose, with purpose.

This is spiritual fulfillment.

Not a concept but a frequency. Not an achievement but a surrender. Not a doing but a state of being that permeates all we do.

When the Crown Energy Center becomes blocked, the pineal gland calcifies and the heart closes. In this state, a person chases short-term dopamine over long-term vision, external accumulation over internal connection, and familiar pain over unknown healing.

Healing begins with remembrance. True healing begins when we turn inward rather than outward—when we surrender the chase and open to presence. Breath, embodiment, spiritual practice, and stillness all help rewire these patterns and return us to our original wholeness.

From a scientific perspective, this shift into spiritual awareness correlates with improved mental and physical well-being across the board. A growing body of research has proven that connection to purpose, meaning, and Spirit is deeply restorative to the human system.

For example, Schaefer et al. (2013) found that individuals with a strong sense of life purpose demonstrated greater emotional recovery and resilience. Building on this, Koenig (2012) reported that those engaged in regular spiritual or contemplative practice consistently experience improved mental health, longer lifespan, and capacity to cope with uncertainty and illness.

These findings echo the Clinical Quality of Life Scale (CLIN-QOL), which measures well-being across relationships, work, health, finances, leisure, and mental state. Within this model, spirituality and a sense of

purpose were shown to enhance each domain—reinforcing what ancient wisdom has always known: When we reconnect with the Source within, our outer life naturally reflects that inner coherence.

More recently, a 2022 systematic review in *JAMA* identified spirituality as a vital factor shaping both health outcomes and life satisfaction. The researchers, led by Balboni et al. (2022), emphasized the importance of integrating spiritual care within modern health systems, noting measurable benefits across relationships, resilience, leadership, and life management.

In other words, the Crown Energy Center doesn't only affect the unseen—it transforms the seen.

As this chapter unfolds, you'll begin to dissolve the illusion of separation between you and Source. You'll discover that your purpose isn't something to chase—it lives quietly within, waiting to be claimed. And as that memory awakens within you, the need to accumulate, force, fix, or prove begins to fall away—and you go from doing to being.

You are not here to be attached to materialism; you are here to experience non-attached Divinity within it.

You are not here to bypass the feeling or void underneath it. You are here to embody the Divine—fully and unapologetically.

Recognizing the State of Your Crown Energy Center

The Crown Energy Center—*Sahasrara*—is the field of transcendence, where awareness dissolves into unity and disconnection falls away. At this level of Consciousness, the Self remembers its Source. There is meaning in every moment, service becomes natural, and life feels guided by something greater.

[Figure 9.1](#) summarizes the imbalanced and balanced characteristics of the Crown Energy Center. These are not diagnostic labels but energetic indicators—signals of how openly you are receiving and transmitting the higher frequencies of consciousness. As you review the figure, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how this center is currently expressing itself—where it feels strong and where it may need gentle support.

Crown Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance
Feeling disconnected from life's meaning or higher purpose	A clear sense of meaning, purpose, and spiritual direction
Anxiety, fear, or existential uncertainty	Inner peace, trust, and emotional spaciousness
Living mentally in the past or future rather than the present	Presence and embodied awareness in the now
Rigid belief systems or closed-minded thinking	Openness, curiosity, and spiritual flexibility
Ego-driven choices rooted in fear or separation	Alignment with values beyond personal ego
Feeling isolated, alone, or cut off from life	Felt connection to something greater than oneself
Confusion, mental fog, or lack of clarity	Inner clarity, wisdom, and insight
Belief in limitation or personal insignificance	Recognition of one's inherent worth and inner truth
Persistent dissatisfaction or searching for answers externally	Ability to access guidance and answers within
Difficulty trusting life, existence, or the unfolding journey	Trust in life, consciousness, and the unfolding path

Figure 9.1: Core expressions of imbalance and balance of the Crown Energy Center.

When this field is balanced and coherent, you experience peace, clarity, and a direct sense of connection with all life. Intuition flows easily. The mind quiets and your being feels luminous. On the Vibrational States of Consciousness scale, this reflects the expanded states associated with transcendence—wholeness, unity, and remembrance.

When the Crown contracts, that remembrance dims. The mind may overidentify with the ego, the physical world, or rigid belief systems, creating confusion, doubt, and a sense of emptiness. Sleep may be restless, meaning feels lost, and the body mirrors disconnection through fatigue or tension. Energetically, this corresponds to the lower-vibrational bands of resistance—where disconnection or spiritual bypass replaces true embodiment.

Take a moment to reflect on where you are along this spectrum of energy as you review the figure.

And yet, beneath these patterns lies a deeper interference—one that silently pulls us away from presence itself.

The Interference: Earthly Attachments and Addictions

Every expanded state has a shadow side to it. For the Crown, that shadow is attachment and addiction—specifically, attachment to materialism, short-term stimuli, control, and the so-called 3D illusions.

When the Crown Energy Center is open and flowing, we experience Oneness, bliss, spiritual clarity, and divine guidance. Life becomes infused with meaning beyond the material; we sense the deeper fabric of love, unity, and presence that underlies all things. We become receptive to downloads, synchronicities, and our higher Soul's mission.

But when the Crown Energy Center is blocked—often due to trauma, conditioning, or chronic overidentification with the physical world—we become disconnected from Source, and the Soul begins to feel a gnawing void.

To avoid feeling this emptiness, the unconscious mind will attempt to fill it with 3D distractions like:

- Overconsumption
- Addictions (to food, sex, work, substances, social media, etc.)
- Constant chasing of materialism, goals, money, or approval

This leads to a vicious cycle: The more we reach outward, the more disconnected we feel inward. The short-term dopamine hits of material

gratification cannot replace the deep Soul-level nourishment of true connection to Self and Source.

In this state, we become trapped in the illusion—believing that more things will bring more peace. But the Crown Energy Center does not open through accumulation. It opens through surrender and through the release of attachments, the death of the ego’s need to accumulate and control, and the remembrance that we are already whole.

Let me be clear: There is nothing wrong with having beautiful things—homes, cars, or material comforts. These are expressions of creativity and abundance, and that’s something to celebrate. What causes suffering is not the having but the *attachment*—the identification with those things as proof of worth or success. Your life is not defined by what you have, but by who you are when all of it falls away.

And the Crown is the sacred doorway through which we become the truth of who we are: Limitless. Light. Love.

The Power of Surrender

One of the most powerful examples of dissolving an attachment to identity was my student, Fiona, who had lived with chronic migraines since adolescence—over three decades of pain. She had tried everything imaginable to find a cure: doctors, neurologists, chiropractors, osteopaths, natural therapies, supplements, painkillers, brain scans—yet nothing provided answers or lasting relief. The migraines had become part of her life story, and unconsciously, part of her identity.

During one of my Quantum Retreats, I was giving a lecture on attachment and addiction—not just to substances, but to thoughts, emotions, and stories. As she reflected, she realized there was one sentence she had spoken thousands of times: “I am a migraine sufferer.” Awareness dawned. She realized how tightly she had been attached to that identity—how it had shaped her language, her choices, her self-concept.

That awareness became her turning point. She wrote a new story, letting go of the attachment to being “the one who suffers.” Later that day, during the Quantum DMT Breathwork Experience, she felt something shift. In the following weeks, she noticed stillness in her mind—no tension, no pain.

One month passed. Then two. Then three. Years later, she remains migraine-free.

Fiona later recognized that her migraines had started from a trauma in her childhood—pain that had never been voiced. The migraines had become her body’s way of expressing a suffering no one could see. When she released the attachment to that story, the body no longer needed to hold on to the pain.

When Spirit revealed the story she’d been unconsciously attached to, the healing unfolded—spontaneously, completely, and without effort. It was this experience that would eventually lead her to co-author this book.

When attachment dissolves, the story softens. The Self expands. The silence that once held suffering becomes the stillness of peace.

This is the real work of energetic mastery: not to escape the world but to evolve it through who we become.

BREAKTHROUGH PRACTICE 7: THE CROWN ACTIVATION PROCESS

Purpose: To become aware of the attachments and addictions in your life that are not only blocking your Crown Energy Center—your connection to Source—but also leading to suffering in your life

In this exercise, remember to be 100 percent honest with yourself. You don’t have to share the answers with anyone, but you cannot hide them from yourself.

The more emotion that comes up as you identify what attachments and addictions you currently have, the more power you have the potential to reclaim.

Stage 1: Releasing Addictions and Attachments

In your journal or on a blank piece of paper, answer the following question:

What material or emotional things am I most attached to?

Some examples might be:

- Money and wealth: Seen as the ultimate security and freedom but often becomes a symbol of self-worth.
- Luxury and status symbols: Designer brands, luxury cars, watches, property, high-end tech. Not for utility but for identity projection.
- Home/property security attachment but also egoic pride: “I made it.”
- Digital devices: Smartphones, smartwatches, and constant connectivity act as comfort objects and dopamine dispensers.
- Social media and online persona: Followers, likes, status, and digital validation are addictive to the ego.

Next, on a new page, write: *What substances or things am I most addicted to?*

Some examples might be:

- Substances:
 - Alcohol: Emotional numbing, social lubricant, avoidance of inner stillness
 - Nicotine (vaping/cigarettes): Momentary relief from stress; creates dependency on breath control through external means
 - Caffeine (coffee, energy drinks): Overstimulates the nervous system; compensates for lack of true rest or vitality
 - Sugar: Dopamine rush masking emotional depletion
 - Prescription or recreational drugs: Often driven by trauma and an intense longing for transcendence or bliss
 - Processed foods
- Behavioral Addictions: Behavioral dependencies feed the dopamine cycle and often entangle identity, distraction, or validation.
 - Smartphones and screen time: Digital stimulation addiction; fear of being alone with one’s thoughts

- Social media: Validation, approval, comparison, identity inflation
- Pornography or sex: Numbing emotional wounds or seeking connection through short-term pleasure seeking
- Workaholism: Worth tied to productivity; avoidance of presence and embodiment
- Gaming: Escape from reality; control in a simulated world
- Shopping/consumerism: Filling the void with material goods
- Emotional or psychological addictions: These are the subtle Soul traps, harder to see but deeply influential.
 - Approval: Constantly seeking external validation; fear of rejection
 - Drama or conflict: Familiarity with chaos; identity built around suffering
 - Control: Fear-based need to predict, shape, or dominate all outcomes
 - Perfectionism: Ego protection from failure, judgment, or unworthiness
 - Rumination: Obsessive loops about the past or future that prevent presence and surrender

Take a slow, conscious breath.

Release the addictions and attachments you've just reflected on.

Feel the stillness you've just touched—the quiet hum that lives beneath every thought.

For many of us, this stillness becomes buried beneath layers of noise, striving, and separation, but it is our natural state. This is a reconnection with the peace that has always been yours.

THE CROWN PORTAL: AWAKENING THE SEAT OF THE SOUL

As you've moved through each Energy Center in this book, you have:

Awakened the Root, turning your **fear** into **fuel**, revolutionizing your physical health.

Healed the Sacral, turning your **guilt** into **gratitude**, transforming your thoughts and emotions.

Reclaimed the Solar Plexus, turning your **shame** into **self-worth**, expanding your abundance.

Softened into the Heart, turning your **grief** into **grace**, healing your relationships.

Unlocked your Throat, turning your **lies** into **truth**, liberating your authentic expression.

Activated your Third Eye, aligning your life with what you love, turning your **separation** into **synergy**, revolutionizing your business, career, and vocation.

You are now ready to connect your Crown, turning your **attachment** into **awakening**, illuminating your spiritual fulfillment and purpose.

And as this awakening deepens, one of the greatest illusions we must dissolve is our attachment to identity—the stories we tell ourselves about who we are and what we've endured. These stories can feel safe because they're familiar, yet they bind us to the past and keep us repeating the same patterns of suffering. When we begin to dissolve these old stories within ourselves, the shift doesn't stop there. The energy we reclaim naturally radiates outward—touching the collective field that connects us all.

Across the globe, people are beginning to rise out of survival, fear, and disconnection.

The collective field is stirring. More of us are awakening to the truth that we are not separate. Not broken. Not powerless. Never disconnected from Source.

The very act of doing this work ripples outward into eternity.

Each time you heal an emotional wound, reclaim your energy, or return to your Soul's intelligence, you are adding coherence to the collective.

You are helping shift the field.

This is why I teach.

This is why I travel the world—to activate those who are ready to remember and to help raise the Consciousness of our planet, one nervous system at a time.

So, as we arrive at the Crown, we arrive at the remembering.

Not just of who we are individually.

But of what we are all a part of.

And now . . . we activate.

SOUND ACTIVATION: THE RESONANCE OF OM

The sound associated with the Crown Energy Center is *om*, pronounced *ohm*.

This sound activation is the vibrational seed that awakens the *Sahasrara*—the Energy Center at the Crown of your head that connects you to Spirit, Source, and the field of infinite intelligence.

When we chant *om*, we're not just making a sound.

We're activating the pineal gland, stimulating dormant DNA, and sending a signal into the Quantum Field that says: *I remember who I am*.

Om helps dissolve the illusion of separation between Self and Source.

It clears interference patterns held in the upper centers and allows us to merge with the truth of our highest Self.

It is a portal.

A vibration that aligns you with the very fabric of creation.

Om is the sound of surrender.

The tone of unity.

The resonance of divinity in form.

As we prepare for the breathwork ahead, bring your awareness to the very top of your head—your Crown. You might want to gently hover your hand above this point, as if acknowledging the portal it represents.

Sit tall.

Lengthen your spine.

Close your eyes if it helps you tune inward.

Relax your shoulders.

Soften your jaw.

Take a deep breath in through the nose . . .

Exhale gently through the mouth.

Again, inhale . . .

Exhale . . . and soften.

After your next inhale, we'll chant the sound *om* together.

Let it echo through your brain, your skull, your field.

Let it ripple out beyond the edges of your body—into the infinite.

Inhale . . .

“Ommmm.”

Again.

Inhale . . .

“Ommmm.”

And one more time.

Inhale . . .

“Ommmm.”

Feel the vibration above you.

Feel the spaciousness within you.

Feel yourself connected to everything—and nothing at all.

Hold the Energy.

BREATHWORK 7:

Quantum Field Breathwork

The full breathwork facilitation is available in the online portal.

This session is designed for your Crown Energy Center activation—a breathwork technology designed to connect you to the Quantum Field of infinite intelligence.

As we prepare to enter the breathwork journey, it's important to understand why this practice is so profound—and what it's actually doing within the body.

During deep breathwork, cerebrospinal fluid begins to pump more vigorously along the spine. As energy spirals from the Root upward, this movement physically stimulates the pineal gland and can trigger the endogenous release of DMT (dimethyltryptamine)—a naturally occurring psychoactive compound known for its role in dreams, near-death experiences, and mystical states.

I'll never forget the first time it happened to me. I was meditating in complete darkness—no sound, no stimulation, just breath and presence. And then, it clicked. It felt like a switch inside my brain had turned on. A subtle hum, a vibration right in the center of my skull. It was as if a veil had lifted, and suddenly I could see—not with my eyes, but with something deeper.

My entire body was still, but my consciousness was vast.

Expansive.

Beyond time.

That was the moment I knew: This gland isn't just biological—it's the antenna of the Soul.

And while that may sound mystical or even mythical, modern science is finally beginning to catch up. Here's what the research reveals about how—and why—this works.

What the Research Shows

A landmark study by Strassman (2001) found that DMT is likely produced in the pineal gland and plays a key role in spontaneous spiritual experiences and expanded states of consciousness.

Neuroimaging and endocrine research confirm that techniques like holotropic and Wim Hof–style breathing can influence pineal activity, reduce fear, enhance mental clarity, and activate dormant neural pathways (Carhart-Harris et al. 2014; Meyer 2021).

A 2023 meta-analysis found that conscious breathwork significantly reduced symptoms of anxiety, depression, and trauma-related stress while also improving emotional regulation, resilience, and overall well-being (Fincham et al. 2023).

Research on slow, rhythmic breathing showed it stabilizes heart rate, activates the parasympathetic nervous system, and increases emotional coherence—laying the foundation for altered states of awareness (Zaccaro et al. 2018).

A scoping review on anxiety disorders confirmed that structured breathwork enhances nervous system regulation, self-awareness, and spiritual connection (D’Cunha et al. 2023).

Another 2023 systematic review confirmed that breathwork increases alpha and theta brain waves, enhances interoceptive awareness, and strengthens neural connections between the prefrontal cortex and the default mode network—key centers for intuition, transcendence, and inner vision (Zaccaro & Neri. 2024).

This is the technology of the Soul, biological yet divine. A bridge between this reality and the next. This is not just breath. This is biology becoming mystical, energy becoming frequency.

This is you remembering what your body—and your Soul—has always known how to do.

Through this breathwork practice, you’ll enter a heightened state of receptivity. You may feel energy move, visuals appear, or deep emotions rise to the surface.

You might meet your ancestors, your future self, or the vast silence of the field.

Whatever unfolds, trust that it's exactly what you're ready to receive.

Breathe with intention.

Surrender the need to control.

And prepare to cross the threshold.

INTEGRATION PRACTICE: BRINGING THE MYSTICAL INTO FORM

What you just experienced may have been gentle or intense, clear or mysterious. You may have felt energy move, seen images or symbols, or heard a voice that wasn't quite your own.

Whatever came through, know that it was exactly what you were ready to receive.

Now, while your heart is still open and your mind is receptive, I invite you to put your experience into words.

Not for performance. Not for clarity. But simply to speak to the One who always listens. To anchor what you felt and to remember what you've just been shown.

After any expanded state, whether it felt subtle or profound, our first instinct is often to interpret or analyze what just happened. But what the Soul invites instead is *dialogue*.

Now that you've remembered your connection to the field—to Source—it's time to speak from that space.

Not from the mind, not from fear. But from the part of you that knows you are already held.

This is your opportunity to write a letter to the Universe. To God. To the Source within you.

You might choose to:

- Express gratitude for what was shown.
- Ask for guidance or clarity about your path.

- Reflect on what arose during the breath.
- Recommit to your purpose or healing.
- Simply be in honest, heart-led communication.

There's no right way to do this. You're not performing.
You're communing.

Before You Begin

Take a moment to find a quiet space where you can sit uninterrupted.

Grab your companion workbook, journal, or something to write on.

Let this be a sacred act. Not rushed. Not polished.
Just real.

Prompts If You Need Them

If you're unsure where to begin, use one of the openings below:

- Dear Source, I'm ready to remember that I . . .
- Thank you for showing me . . .
- What came through in the breath was . . .
- I don't know what this means, but I trust . . .
- From this moment on, I choose to . . .
- What I'm still afraid of is . . .
- What I'm learning to believe is . . .

CLOSING INTEGRATION

By now, you've not only touched the divine within you—you've begun to live from it. Whether it came through breath, stillness, a journaled insight, or that quiet morning moment with your Crown—each act has been a remembrance.

Let that remembrance continue to unfold. Not just as insight, but as embodiment.

Because integration isn't something you *do*. It's the frequency you choose to live from.

When you walk into your day with purpose . . .

When you pause before reacting . . .

When you create, live, and serve from presence, you are reinforcing the field. You're anchoring spiritual truth into practical reality.

This is what it means to live your purpose. To let your frequency speak louder than your words. To lead—not from identity but from essence.

So, take a moment.

Feel the stillness. The signal. The silence that holds it all.

And whisper to yourself: **"I remember who I am."**

Let that remembering guide you—

In your choices,

In your service,

In your next breath.

As you rest in this remembering, know that the journey does not end here.

The Crown opens the gateway to what lies beyond—the Soul Star, where the limited dissolves into the infinite.

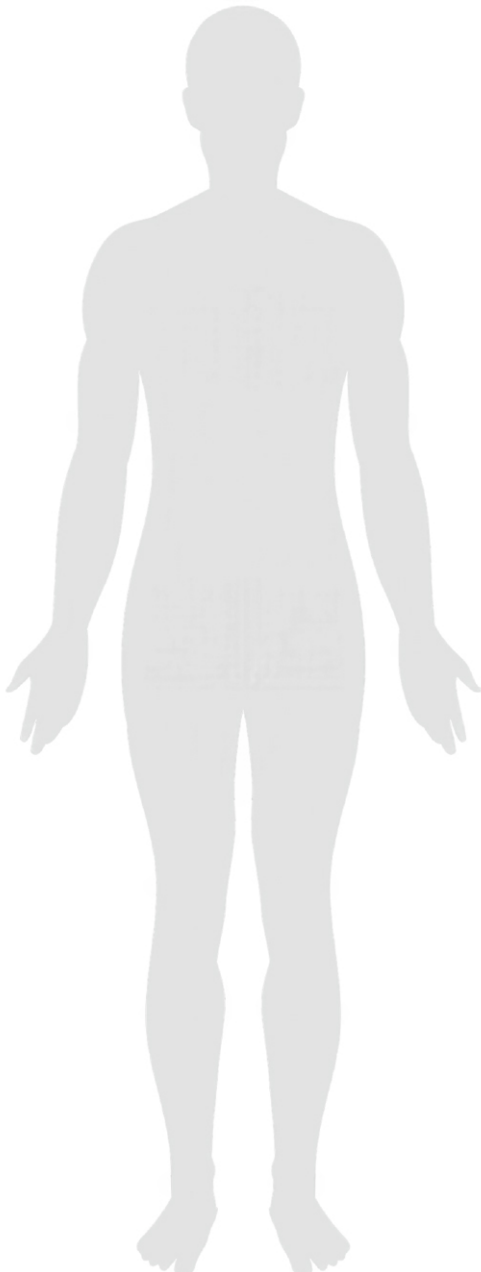
Soul Star Energy Center



Time & Presence



- Soul Star Center
- Seat Of The Soul
- Vyapini



Colour	Violet, white, gold
Location	8 inches above the top of the head
Body Connections	Etheric body, auric field, connection to Source, higher purpose
Instruments	None
Key	None
Attributes	Transcendence, soul wisdom, inner wealth and letting go. It is the lower-self, to higher-Self embodiment and unification of the Soul (state of unconditional love)
Blocked By	The illusion & limitation of space and time

CHAPTER 10:

The Soul Star Energy Center—Time & Presence

Time is only real when you forget who you are. The moment you return to presence, you return to power.

How often do you find yourself thinking, *There's just not enough time?*

That sinking feeling—of being behind, overwhelmed, late, scattered—is so common, it's become “normal.” But just because something is chronic doesn't mean it's natural. And it certainly doesn't mean it's *true*.

In this final chapter, we rise above the human construct of linear time and reconnect with something deeper: the frequency of presence. The Soul Star Energy Center is not located within the physical body; it resides just above the Crown—beyond the senses, beyond the mind, beyond time.

In the yogic tradition, this center is known as *Vyapini* or *Atma Bindu*, the Seat of the Soul. Its sound is silence, perceived about 8 inches above the head, often expressed through white-gold light. It is the energetic gateway between your human experience and your higher Self. And it's here, in the stillness of this space, that we access the present moment.

Presence isn't measured in minutes or hours. It doesn't rush. It doesn't hustle. It isn't ruled by urgency or lack. Presence is accessed through the now.

When you're present—truly present—something remarkable happens. You stop reacting to life and begin creating it. Presence shifts the brain and body out of separation and survival mode, down-regulating the sympathetic nervous system and activating the parasympathetic “God flow system,” as in God—the Greater Organized Design—can only flow through you when you are living in a beautiful state.

Being in a state of parasympathetic “presence” doesn't just calm you down; it frees up mental and emotional energy once used for vigilance or defense, allowing the prefrontal cortex—your center for insight, decision-making, and creativity—to come back to coherence (Tang et al. 2015; Goleman and Davidson 2017).

Stress softens. Possibility opens. And time begins to serve you.

Here's the truth: If you live your life only through the lens of the third dimension, time will always feel like a threat, or at least an opponent. You'll constantly be chasing, cramming, and rushing to catch up. But the moment you remember you are a multidimensional being—a Soul having a temporary human experience—you are no longer bound by the illusion of time.

This chapter isn't about doing more. It's about attuning your nervous system to be more present and still. More aligned with your Soul's natural rhythm.

In this chapter, we'll explore:

- Why time is a fourth-dimensional construct (and how to rise above it)
- How presence activates your creative potential
- Practices to move from stress to serenity—without needing more hours in the day
- And a powerful breathwork experience designed to reawaken your timeless nature

By the end of this chapter, my hope is that you'll walk through the world differently. Not as someone rushed or reactive—but as someone rooted.

Grounded in eternity. Guided by Soul. Fully here.

Let's begin—not with doing, but with remembering.

Consider this: You are not here to chase time.

You are here to *transcend* it.

To understand your relationship with time, you first need to understand your relationship with dimensions. In the third dimension—the world of form and matter—time appears linear. You wake up, work, tick off your to-do list, and yet somehow, there’s never enough time. That’s because in this dimension, *time rules you*. Three-dimensional human experience is below four-dimensional time—just as anything physical is subject to time.

But the moment you reconnect with your *multidimensional* Soul, something shifts.

You remember:

I am not my schedule.

I am not my stress.

I am not running out of time.

Because you are not a three-dimensional being. You are a Soul having a temporary human experience. And in the higher dimensions—where the Soul resides—time doesn’t dominate. It dissolves, because your Soul is not bound by space or time. This might sound spiritual, but it’s also supported by science.

In classical physics, time is often viewed as a straight line—a sequence of moments moving from past to present to future. Yet quantum physics offers a much more fluid view. The *block universe* model, for example, suggests that all moments—past, present, and future—exist simultaneously within a single field of potential (Rovelli 2018). From this perspective, time doesn’t “flow.” Instead, Consciousness moves through already-existing possibilities.

To illustrate this, consider the double-slit experiment, first introduced by Thomas Young and later refined in modern quantum physics experiments. When particles of light are passed through two narrow slits without any attempt to measure their path, they behave like waves, spreading out and forming an interference pattern on the screen behind. This pattern reflects a quantum superposition of possible states. However, when a measuring device is introduced to observe which slit the particles travel through, the interference pattern disappears and the particles are detected in definite locations. Physicists understand this shift as the result of measurement itself—interaction with “the observer” alters the behavior of the particles, changing the outcome of the experiment. This discovery remains one of the

great mysteries of modern science. Observation—or Consciousness—appears to shape physical reality. In simple terms, our attention may do more than witness the world; it may participate in bringing it into form.

It's often observed that when we change the way we look at things, the things we look at change.

This challenges everything we thought we knew about time, because when we no longer see time as linear, our relationship to time starts to drastically change. This beautifully echoes what mystics have always taught: Presence isn't just peace—it's power. Presence is the portal through which you create your life.

But let's ground this in something tangible: There are 168 hours in a week. Not 170. Not 200. Just 168. You, me, we all have the same number of hours in the week. So, why do some people feel rushed and depleted while others feel calm, clear, and creatively alive?

It's not about time; it's about *presence*.

As I tell every student in our Quantum programs: “You can't master what you don't measure.”

If you don't track your finances, you can't consciously grow them. If you don't measure your health, you won't consciously improve it. And if you don't consciously examine where your time is going, you'll always feel like it's disappearing.

The real block isn't the calendar. It's the unconscious programs running the show.

Programs that say:

“I have to hustle to be worthy.”

“There's never enough time.”

“If I slow down, I'll fall behind.”

These beliefs are inherited. Encoded. Addictive. But they are not *truth*.

When you connect to the Soul Star Energy Center, you begin to unplug from those distortions. You begin to rise above the fourth-dimensional limitations of time and space. This is not an escape. This is a return.

You return to:

- Stillness
- Presence
- The now

You return to your own rhythm. You stop running on everyone else's timeline. You are still productive, just much more present, creative, and coherent. You stop building on shaky or hastily built foundations.

And you start asking better questions. Questions like:

- What are the pillars of my life that truly matter?
- Where am I leaking time, energy, and attention?
- What am I ready to release so I can reclaim my peace?

This is where your transformation begins.

Not by adding more. But by becoming deeply aware of what's already here and what you can let go of.

Recognizing the State of Your Soul Star Energy Center

When this Energy Center is blocked, life feels rushed. You're constantly behind, overwhelmed, and disconnected. You're addicted to motion but numb to meaning. You might feel lost in the noise—scrolling, scrolling—never quite able to hear your Soul. And silence? It's uncomfortable. Even threatening.

But when the Soul Star Energy Center is open, presence becomes natural. You no longer need to prove anything. You feel peaceful—even in the middle of chaos. You begin creating instead of reacting. You remember that your power has never been in how fast you moved; it is in how fully you show up now.

On the Vibrational States of Consciousness scale, this center resonates with the highest expanded frequencies—Love, Joy, Peace, and Enlightenment, the transcendent states of unity and timeless awareness. When interference clouds the field, its vibration collapses toward the lower frequencies of stress, apathy, or even shame, where we identify with separation, pressure, and disconnection from Source.

You can see these contrasts reflected in [Figure 10.1](#), which summarizes the imbalanced and balanced expressions of the Soul Star Energy Center. As you review the figure, take note of every trait that feels true for you—balanced or imbalanced. Your answers offer a snapshot of how this center is

currently expressing itself—where its energy is flowing clearly and where it may need gentle support.

Soul Star Energy Center:
Core Expressions of Imbalance and Balance

Indicators of Imbalance	Indicators of Balance
Persistent anxiety about time running out or not having enough	A relaxed, trusting relationship with time
Chronic rushing through tasks, conversations, or life experiences	Moving through life with ease, flow, and appropriate pace
Difficulty resting, slowing down, or mentally switching off	Ability to rest deeply and disengage when needed
Feeling mentally absent or distracted during interactions	Full presence and attentiveness in conversations and activities
Overcommitting and carrying too many responsibilities at once	Clear discernment around commitments and energy
Excessive multitasking that reduces quality and clarity	Focused attention on one task or moment at a time
Stress from poor prioritisation or last-minute pressure	Calm planning and meeting commitments without strain
Neglecting self-care or relationships due to busyness	Honoring time for self, relationships, and renewal
Dependence on technology or stimulation to fill empty space	Comfort with stillness, silence, and simplicity
Difficulty adapting when plans change or delays arise	Flexibility, adaptability, and trust in unfolding timing

Figure 10.1: Core expressions of imbalance and balance of the Soul Star Energy Center.

Finding clarity in the Soul Star Energy Center is the shift from stress to serenity. From human time to Soul time.

This first breakthrough is an invitation to come back to your center—to meet the places where you’ve been leaking time, energy, and attention. To see them clearly. To reclaim your power.

But before we rise into that remembrance, we must first understand what pulls us away from it—the interference that clouds the Crown and disconnects us from presence itself.

The Interference: Stress & Disconnection

In this center, the interference shows up as different forms of stress. Not just the everyday kind but the deeper pattern of being pulled away from presence—away from the still point of who you are.

When stress or “sympathetic dominance” has become your primary operating frequency, your awareness is no longer in the present. The nervous system slips into survival, scanning the past or projecting into the future. The body tightens, breath shortens, and your energy scatters. In this state, you are cut off from the Soul’s true nature of timeless awareness.

Think of how this feels in your own life. You might be sitting with family but running through tomorrow’s to-do list in your head. Or lying in bed replaying a conversation from years ago. Physically there but not present. That’s the interference at work.

The trap of stress is that it convinces us that feeling “busy” is being productive, when really it keeps us disconnected—from ourselves, from others, and from Spirit. It floods the body with stress hormones, weakens your field, and clouds the higher intelligence waiting to come through.

You might notice it as the inner pressure to hurry, the belief that stillness is wasteful, or the ache of feeling disconnected from something greater. It’s the subtle addiction to “what’s next.”

When this interference clears, awareness rises beyond the clock. Time expands. Breath deepens. The vertical current of energy reconnects Heaven and Earth. And in that stillness, the Soul remembers: You were never running out of time—you were only running from presence.

Here’s what I need you to understand: Stress is not your nature—it’s interference. Presence is your true home.

The moment you see it, you can step back into awareness. You can breathe, return to, and feel it: the stillness that has always been here,

waiting. And from there, the Soul Star begins to open.

The Pillar Metaphor

Let me offer you a thought exercise: Imagine building a house. You pour the concrete. You put up the walls. You add the roof. But you never installed the pillars—the support beams that underpin everything.

What happens?

The house collapses. The whole thing comes crumbling down.

This is what so many people do with their lives.

They build the properties—career, family, lifestyle—without the inner pillars. They take care of everyone else, they work hard, they chase success. But without conscious breath. Without proper rest or nourishment. Without presence.

And so the structure collapses. Again and again.

If that's been your pattern, this is your chance to shift it.

Before you scale your business, before you expand your service, before you overextend yourself.

Build your pillars.

You are the foundation. Presence is the pillar. Stillness is the strength.

BREAKTHROUGH PRACTICE 8: RETURNING TO PRESENCE

Purpose: To liberate your Consciousness from the illusion of time and stress and restore your natural state of presence

This is where you move beyond doing into being, beyond hustling into flow—where the Soul Star begins to radiate coherence through your entire field and beyond.

Stage 1: Grounding into the Now

Sit upright, spine long, palms open. Feel your breath slow and deepen.

Sense your awareness dropping from the mind into the heart, and then gently rising above the Crown, about eight inches above your head—where the Soul Star resides.

As you inhale, silently think: “I am here.”

As you exhale, think: “Now.”

Continue for several cycles until you feel the edges of your awareness soften.

Stage 2: Journaling with Timeless Awareness

As you rest in this grounded state of presence, take a moment to open your journal or take out a piece of paper and pen. Stay connected to your breath, allowing each word to flow from stillness rather than thought. Let what arises move through your hand without judgment or analysis—just awareness meeting the page.

1. What is interfering with my ability to be fully present with who and what truly matters?

List the top three to five things, but don’t just list circumstantial reasons—go deeper. Is it a belief? A fear? A need to stay busy to feel valuable? Have you said yes to too many people or projects and simply taken on too much?

Name it truthfully. No judgment.

2. What is standing in my way of having a beautiful relationship with time?

3. What actions will I take to shift into presence?

What will I release? What will I say no to?

4. What are the 20 percent of tasks and things that will give me 80 percent fulfillment and achievement?

5. What rhythm or ritual am I now ready to honor?

Underline the things that land most deeply for you.

Remember: You are not selfish for reclaiming your time.

You are Soul-led. And when your vibration and boundaries are clear, everyone around you benefits.

You might be realizing that so much of your time is being spent *outside* of alignment with your values. That's not failure—it's information.

And now . . . you get to choose differently.

Once you have finished writing, take a final breath and rest in the awareness you've just written into being. As your pen rests, notice what has shifted within you. The words have done their work. What remains now is silence—the sacred space where remembering becomes real.

SOUND ACTIVATION: SILENCE AS THE GATEWAY

Each Energy Center in the body carries a resonance—a vibration, a sound.

And while many of the lower centers have tones that can activate flow—*lam, vam, ram*—this final center asks for something different.

It asks for silence.

Not just the absence of noise, but the *presence of stillness*.

You can begin with the sacred sound *om* if you like—letting it rise from within, gently vibrating through the Crown and beyond. But the true sound of the Soul Star Energy Center is what comes *after* the *om*. It's the silence that remains.

When this center is open, you can hear the whisper of your Soul.

Not in words—but in knowing.

In peace.

In presence.

Let's take a few moments now.

If you can, sit in a quiet space. Close your eyes. Bring your awareness just above the top of your head and simply *feel and listen*.

Let the silence hold you. Let the breath soften you.

Let this be enough.

You don't need to fill it. You don't need to fix it. You are not missing anything.

You are right here.

And here . . . is where the Soul speaks.

BREATHWORK 8:

Quantum DMT Breathwork 2

The full breathwork facilitation is available in the online portal.

You've remembered who you are. Now it's time to embody it.

This final breathwork is designed to take you beyond the mind, beyond time, and into direct communion with your higher Self—the domain of the Soul Star Energy Center, which, when open, can fill your whole body and being with Light.

Here, the work of Time and Presence culminates. This practice helps you release the final layers of unhealthy attachment to doing and enter the timeless awareness of Soul's presence—where the light above the Crown merges with the breath within.

The Quantum DMT Breath 2 is an advanced, sacred, and multidimensional breathing practice—the very same breathwork that saved my life back in 2008. It mimics—through breath alone—what DMT, the “Spirit molecule,” naturally activates in the brain. But unlike synthetic or “exogenous” DMT, this experience is not external. It is completely natural. Completely safe. And completely you.

When guided with intention, rhythm, permission, and presence, this breath begins to activate your higher mind, regulate the nervous system, and quiet the prefrontal cortex—allowing access to deep insight, expanded awareness, and timeless connection.

In this altered, yet conscious state, you are no longer ruled by thinking. You enter true presence.

And in this space, you don't just receive answers; you remember them.

Each inhale dissolves the illusion of time.

Each exhale brings you home—to Presence.

CLOSING INTEGRATION

You've journeyed through the centers of survival, desire, power, love, truth, perception, wisdom, and presence.

And now . . . here you are.

Beyond the mind.

Beyond the body.

In the space between breaths.

The Soul Star isn't something you "achieve"—it's something you remember.

It's the frequency of who you've always been.

Still. Whole. Eternal.

As you return to your life, you may feel a little softer, a little quieter inside. More connected to what matters—and more willing to let go of what doesn't. You're no longer ruled by time—you're moved by something deeper.

So, take this presence with you.

Into your breath.

Into your relationships.

Into your calendar.

Into your creations.

You don't need to chase time. You just need to choose presence. And when you forget—because you will—just come back to the breath. Come back to the silence. Come back to your Soul.

You are here.

You are now.

You are whole.

Here you are—rooted in Earth, expanded through Heaven—know that the light you've awakened in these pages was never outside you.

It was always you.

In the next and final chapter, we'll bring it all together—uniting the eight centers into one living system of coherence, where Consciousness breathes through every cell of your being.

When Spirit Comes Through

You've journeyed through each chapter, through each breath, and you have made it here. You've done something extraordinary. You've shown up for yourself like never before. You've been willing to go inward, be vulnerable, and look honestly at the patterns, programs, and protective layers that may have kept you disconnected from who you truly are. This is not easy work; it is sacred work. And it's the kind of work that creates lasting change—not just in your own life but in the lives of those around you.

Throughout this book, you've explored the eight Energy Centers and the aspects of life they influence—your health, emotions and thoughts, power, relationships, expression, intuition, purpose, and presence. You've discovered where energy was leaking or blocked, and you've activated new potential through breath, awareness, and embodiment.

At the beginning of this journey, you took a snapshot of your life through the Quantum Wheel of Life.

Now that you've traveled through the eight Energy Centers and explored each dimension of your human experience, it's time to take that snapshot again. You can revisit the Quantum Wheel of Life assessment in the online portal.

Reflect on what's changed, what's opening, and what you're now ready to create. This is where awareness becomes embodiment. As you revisit your Wheel, notice the areas that have shifted—the spaces where flow, harmony, and coherence have deepened. You may find that areas once blocked by fear, doubt, or resistance now carry a new vibrational frequency.

There is no judgment here, only evolution. Every breath, every insight, every breakthrough has moved energy.

This isn't the end of your journey. In many ways, it's the beginning.

So many people think "I've done the work" and that's it. They've read the books, taken the courses, and attended the retreats, so they're healed. But if the nervous system is still dysregulated, if the same reactive patterns keep playing out in any area of life, then the work hasn't been fully integrated—it's just been consumed.

This book isn't about doing more work. It's about *becoming* the work.

Integration doesn't mean perfection. It means choosing presence, again and again. It means responding instead of reacting. It means using the breath as your tool, your anchor, and your teacher—not just on the mat, but in the moments that test you. Especially in the moments that test you.

You may already feel the shifts. A deeper peace. A new sense of clarity and joy. Or perhaps the discomfort of shedding old identities that no longer fit. They're all signs that something inside you is reawakening.

And as you continue to walk this path, I invite you to remember this:

You are not broken.

You are not behind.

You are not too late.

You are a Quantum Human in the making. And every breath, every choice, every moment of awareness is part of your return to that truth.

So keep going. Keep breathing. Keep showing up. Remember, you can return to this book and the breathwork and breakthrough practices at any time. In fact, I strongly recommend building in your favorite breathwork practices from this book and journey that we've been on together into your daily life. One breathwork experience every week, perhaps more, and as you continue your practice of becoming, this ongoing practice will help make your life even more powerful and sacred. So, go ahead, take a moment right now to look at your calendar and schedule in the pillars of breath and self-care to make your life magical.

Let your Spirit come through—not just as a practice but as a lifestyle. Let it come through in the way you lead. In how you love. In the life you choose to live when no one is watching.

And if you ever lose your way, remember: You don't need to start over.

You just need to come back to the breath.

That's where the remembrance lives.

That's where the power begins.

That's where Spirit comes through.

You have my respect, reverence, and gratitude for the work you've done
—and the Light you now carry forward,

Until we meet again, all of me loves all of you.

APPENDIX 1:

The Vibrational States of Consciousness

This appendix expands on the Vibrational States of Consciousness introduced in [Chapter 1](#), providing a detailed overview of the corresponding emotional patterns, body responses, and energetic outcomes.

Zone	Vibrational State	Emotional Pattern	Body Response	Energetic Outcome
High Vibrational (Expanded States)	Transcendence	Peace, awe, presence	Deep parasympathetic healing, stillness	Unity, vision, service
	Creative flow	Love, joy, gratitude	Heart-brain coherence, vitality, oxytocin	Inspiration, intimacy, creativity
	Expansion	Acceptance, forgiveness	Nervous system coherence, heart softens	Harmony, healing, opportunity
Fulcrum Point	Courage	Willingness, determination	Breath deepens, posture strengthens	First spark of growth, empowerment
Low Vibrational (Contracted States)	Coping	Grief; despair; hopelessness; attachment; craving; resignation; victim-based thoughts, feelings, and stories	Depression, numbness, shallow breathing, low vitality, immune dysregulation, withdrawal	Stagnation, codependency, inability to move forward, clinging to the past

Zone	Vibrational State	Emotional Pattern	Body Response	Energetic Outcome
	Resistance	Anger, pride/ego, control, suppression/untruth illusion, confusion	Tension, overdrive of stress hormones, digestive upsets, cardiovascular strain	Burnout, power struggles, distorted ego expression, breakdown of relationships
	Survival	Shame, guilt, fear, separation, disconnection	Nervous system in chronic fight-flight-freeze mode, adrenal fatigue, heaviness, eating disorders, addictions, instability	Illness, stuckness, poverty/scarcity programs, self-sabotage, loss of vitality

Online Portal

To support you, we've created a private online portal where breathwork practices and other book resources are hosted. Simply scan the code below with your phone or tablet, create an account, prepare your space, set your intention, and press Play. This is my gift to you.



Ready to Take the Work Deeper?

Join us for the Quantum Retreats in Person or Online

You've just experienced the concepts, stories, and practices that have transformed hundreds of thousands of lives around the world. Now it's your turn to *live them*—fully, powerfully, and without holding back.

The Quantum Retreats are three- or seven-day, high-energy immersions where you'll master your energy, dissolve deep-seated blocks, meet like-minded conscious people, and activate your highest timeline across all eight areas of life—from physical health and relationships to financial freedom, spiritual fulfillment, and your sense of purpose.

Whether you join us in person or from the comfort of your own home, you'll be guided through profound processes, advanced Quantum breathwork, and real-life breakthroughs designed to create *permanent shifts*.

More information is available in the online portal.

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About the Author

DR. ESPEN WOLD-JENSEN is a spiritual strategist, quantum breathwork master, global speaker, and pioneer in the science of consciousness.

From being told he might never walk again to becoming a master of transformation, Dr. Espen is living proof that the impossible is possible. After surviving two shattered legs and a life-threatening hospital infection, he embarked on a journey of self-healing and inner mastery and rose to become a world-renowned researcher of neuroscience and quantum physics, conscious business mentor, philanthropist, and Soulpreneur.

Through his signature framework, the Dr. Espen Method—delivered globally through *The Quantum* seminars and retreats—he blends the science of consciousness with ancient wisdom and cutting-edge personal development to unlock human potential across all eight areas of life.

His work is featured in the Gaia TV Quantum Breathwork series and his live experiences and online programs have transformed over 3.1 million lives worldwide—guiding seekers, leaders, and visionaries to awaken their highest potential, reclaim their energy, and turn pain into power.



To learn more, visit www.drespen.com.

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“What’s always been clear is that Dr Espen’s strength comes from lived experience. There’s a depth to him that only comes from being tested and waking up to something bigger than the self. He’s taken adversity and turned it into purpose, choosing a life of service and contribution, and that choice is felt in everything he does. This book is an extension of that journey — a reminder that real resilience is earned, transformation is possible, and true strength is found in using what you’ve been through to help others rise.”

— TYLER TOLMAN, founder of Tolman Health

“Dr. Espen is an absolute legend, a real health advocate and guru, somebody I admire and look forward to communicating with and doing shows with. He’s at the pinnacle of health and an inspiration to us all. Read Dr. Espen’s book and you will have the best day ever.”

— DAVID “AVOCADO” WOLFE, nutritionist, organic farmer, adventurer, author, orator

“We breathe, we are alive. We stop breathing, we die. Breath and life are one. Across space and time, masters of the interior sciences, have understood breathwork as the portal to participation in the infinite divine depth, goodness and joy of reality. We need such great teachers of breath-work, specialists, who have committed the breath of their souls to this work, teachers we can trust, teachers who have done the deep work and continue to do so every day, teachers that are inspired with the breath of life and can guide us on this great path. Such individuals are rare. Dr. Espen is just such a rare teacher and his method is just such a rare teaching. He and his work are precious treasures. Study this book, breathe it in, and feel your life begin to deepen in a way that will make you cry out with delight.”

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