



The Breathing Bar Podcast Expansion Experience

Reclaiming Your Mental Bandwidth Amid Energetic Interference





The Breathing Bar Podcast Expansion Experience

Reclaiming Your Mental Bandwidth Amid Energetic Interference

Greetings Beautiful Being!

Thank you for taking the time to explore The Breathing Bar's Expansion Experience. I decided to include an interactive experience focusing on your continued alignment with Y.O.U. (your own understanding.) It's time to block out all the noise that keeps you seeking answers, understanding and wisdom outside of Y.O.U. I will offer one each week, I hope they help water seeds you have already started germinating! This week you are focusing on hypernourishing and creating a higher awareness of your bodies responses and sensations to your intentional care of it through nutrient rich, energy rich green juices. I hope you decide to go on this journey of self-love and self-awareness.

See you inside...

Ahuyah



The Breathing Bar Podcast Expansion Experience

Daily Check-In

When you wake up in the morning take a minute before you detach your entire body from the bed and breathe deeply. Allow yourself to connect with your body and set your morning intentions.

- Hydration Infusion**
- Hyper Nourishing Infusion**



Mental Check-In

How are you feeling this morning? Sometimes if you have been astro traveling or going into other realms you may feel disconnect and agitated. Deep breathe and allow yourself to continue to tell your mind and body that you are in the present moment and everything is stabilized.

- Inflammation Triggers Registered**
- Deactivation Process Activated to Dismantle**

The Breathing Bar Podcast Expansion Experience

Consistency Check-In

I have found it really helpful to consistently remind myself what I am doing relative to my hypernourishing. This keeps me aware of my Innerverse throughout the day, whereas before I would wait till I got home or somewhere quiet and still. This simple act of awareness will be communicated to your body which will form a habit and expectation around it, thus keeping it in your conscious mind.

- What dialogue did you have with your body today?**
- What thoughts or realities challenged your consistency?**
 - What SIMPLE habit will help you counteract the challenges to your consistency?**

Body Communication Check-In

Your body hears and response to everything you say, so why not be intentional with your communications? Take time to feel your body and the sensations it may express. Learn how to translate the frequency that are being emitted, and moreso learn how to respond back.

- What dialogue did you have with your body today?**
 - What did your body communicate back?**
 - What was your response back?**

Juice Combination Options

Ok, I believe in keeping life simple, understanding how expensive all this green healthy stuff can be. First of all, use what you have, it can be stems from greens, or whatever green you have, you just want the chlorophyll. Second, work with your budget and move with green love and intention. Your body will respond in like. Enjoy yourself beloved!

Spinach, Kale, Cucumber, Celery, Parsley, Lime



Romaine, Swiss chard, Cucumber, Celery, Mint, Lemon



Kale, Spinach, Bok choy, Celery, Cucumber, Parsley