

Week 1 for recording

Week 1

Hi. welcome to the enfoldment journey. I am your guide, Elisha Weinberg and you are entering a six month journey into yourself.

It is so much more than you are imagining right now. You are getting the opportunity to step back into yourself in a way that isn't littered any longer by the timebombs of the past.

You are starting the unwinding and awakening power that comes with falling in love with yourself.

It is quite simply the best gift you could ever give yourself.

So where do we start the unwinding process?



The process actually starts with connecting with your breath. We will be activating many energy centers through meditation on this journey.

Don't worry if you don't think you are good at it. I've been meditating over 20 years and don't think I am either :)

But that perfection gene is one we are going to talk a lot about.

So let's begin.

How often do you breathe from your center? From below your belly button?

How often can you let your breath expand to fill your entire center?

If the answer is never or every day we are both starting in the same place.

It begins with an inhale.

Inhale as if you are allowing the air to make a swan dive into the very core of you.

Inhale by pushing out your belly, allowing it to fill with air. It's like your lungs get to simply float in the balm of the goodness you are breathing in. Then hang out there for a moment. Allowing anything in your body that is asleep to be gently nudged awake.

When you are ready, slowly exhale through your nose and imagine it's like shaking off a long slumber. That feeling of an amazing night's rest. If you sigh at the end--know you just released years of trauma that got unstuck.

And then do it again. Slower this time.

Allow your core to slowly fill with air as if you are a wave building in the beautiful ocean. Hold that breath as if you are a wave cresting. Then release. Maybe you are a wave crashing to shore. Maybe you are just a ripple in time, in life, in lore.

You can only do this right.

Truly. There is only the right way.

There is ever only the right way.

If you feel your breath getting bound up in your lungs, imagine there is a ladder from your lungs down to your belly and inhale that air down the rungs into your waiting cauldron of energy. Whatever image you need to feel the fullness of your belly, to feel yourself floating in the weightlessness of you.

Your unfolding this week is simply to take a minute or ten or twenty and consciously breathe.

Feel the air awakening you. Feel the release that comes with the exhale. Don't make it difficult. Just breathe and feel your body. Breathe and float in the totality of you. Exhale and release what's not serving you. Exhale and surrender.

If this is new to you I recommend starting with 60 seconds today. Tomorrow, 2 minutes. The next day 3 minutes...I think you get the drift.

There is no limit to how many times a day you can check in with your breath. It can be just one conscious inhale and exhale when you are feeling stress, or anxiety, or triggered, or even tired for that matter. Just one will change your frame of mind so much you won't believe it.

There is no wrong way to do this.

Take 7 days to breathe yourself awake. Each breath, a new beginning.

Just breathe sweet loves.