

J U S T B R E A T H E

Mastering Breathwork

Session 4

Breathing to Transform Your Spirit

Chapter 4 • Pages 111–149

Tuesday, March 31, 2026 • 7:00 PM Zoom

Bryan Sawchuk, Co-Spiritual Leader

Unity of Fort Lauderdale

Just Breathe ~ Mastering Breathwork • Unity of Fort Lauderdale



A Note of Gratitude & a Schedule Update

Just Breathe: Mastering Breathwork

Thank you for your grace and flexibility as we move into a new expression of ministry. Here's how our remaining schedule looks:

Session 4

Tuesday, March 31

Chapter 4

Rev. Bryan Sawchuk

As regularly scheduled

Session 5

Tuesday, April 7

Chapter 5

Rev. Cynthia Roberts

Cynthia facilitates

Session 6

Tuesday, April 21

Chapter 6

Rev. Bryan Sawchuk

Moved from April 14 → April 21

🌟 Two Weeks to Breathe

The shift from April 14 to April 21 gives us all a beautiful two-week breathing practice between sessions. If you can't make it to any class, no worries — we'll send you the recording link. ❤️

What Did You Notice?

Letting Go

The Flacco story — releasing life-limiting thoughts through the breath.

What thought did you breathe through this week?

Low & Slow

Dr. Ela Manga's ABC Method — breathing away stress.

Did you catch yourself and shift your breath?

Box Breathing

Mark Divine's warrior practice — 4 counts in, hold, out, hold.

Did you try it under pressure?

Take a breath and share: What stood out most from Chapter 3? What did you practice?

B R E A T H E N O W

Opening Practice

Close your eyes.

Take a deeper, fuller breath than usual.

Let the exhale become a long, soothing sigh of relief.

Drop down... into your center.

Let go of thoughts, habits, should and shouldn'ts...

Feel your borders softening.

What do you notice? What is here right now?

Tonight's Journey

7:00	Welcome Back + Recap Chapter 3
7:10	Opening Breath Practice
7:15	Breath Awareness & The Indira Gandhi Story (pp. 111–118)
7:30	Spiritual Breathing — The 5 Levels (pp. 118–127)
7:45	<i>BREAK</i>
7:50	Rebirthing, Ram Dass & Vipassana (pp. 128–135)
8:05	BREATHE NOW Practices + Breakout Sharing
8:20	Homework + Closing

The Breath Reveals Everything

"I became obsessed with one thing: her breathing. It was so subtle, yet so alive. It felt like I was looking at breathing for the first time."

— Dan Brulé, watching Indira Gandhi (p. 114)

Breath Awareness Practice (pp. 116–117)

Allow the breath to come and go on its own. You are not doing the breathing — you are the impartial observer, a detached witness. Watch and feel the breath breathe you.

Breath Is the Language of the Soul (pp. 117–118)

How do you breathe when insulted? In love? In pain? When in flow? Begin noticing your own breathing — and others'. We often learn a lot about ourselves by observing.

The More Breath Awareness, The More You Gain

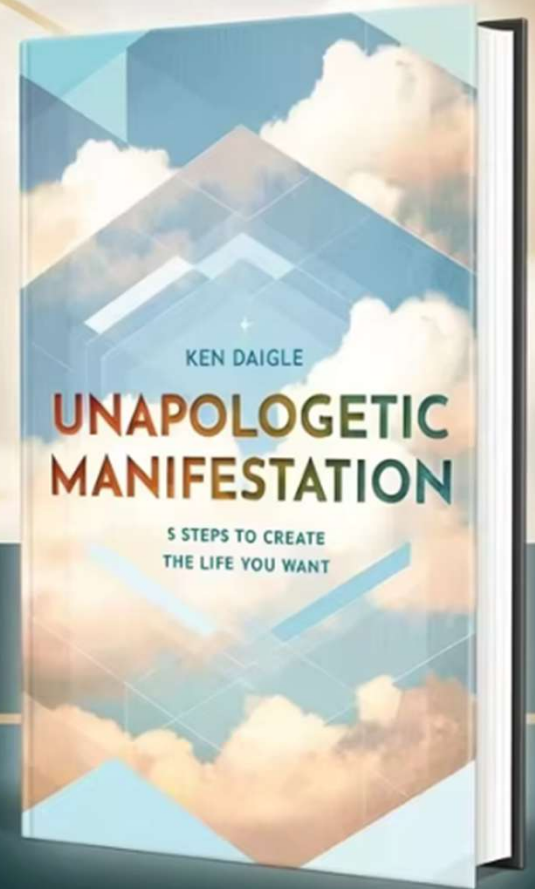
The more conscious we become of our breath, the more conscious we become of everything: thoughts, feelings, habits, patterns, other people's energy.



UNAPOLOGETIC MANIFESTATION: 5 STEPS TO CREATE THE LIFE YOU WANT

6 Weeks 4/28/2026-06/02/2026
Zoom Class 7-8:30 Tuesdays

*Facilitated by Cynthia Roberts,
Co-Spiritual Leader and
Licensed Unity Teacher*





MONTHLY GATHERING · VIA ZOOM

Spiritual & Emotional Maturity

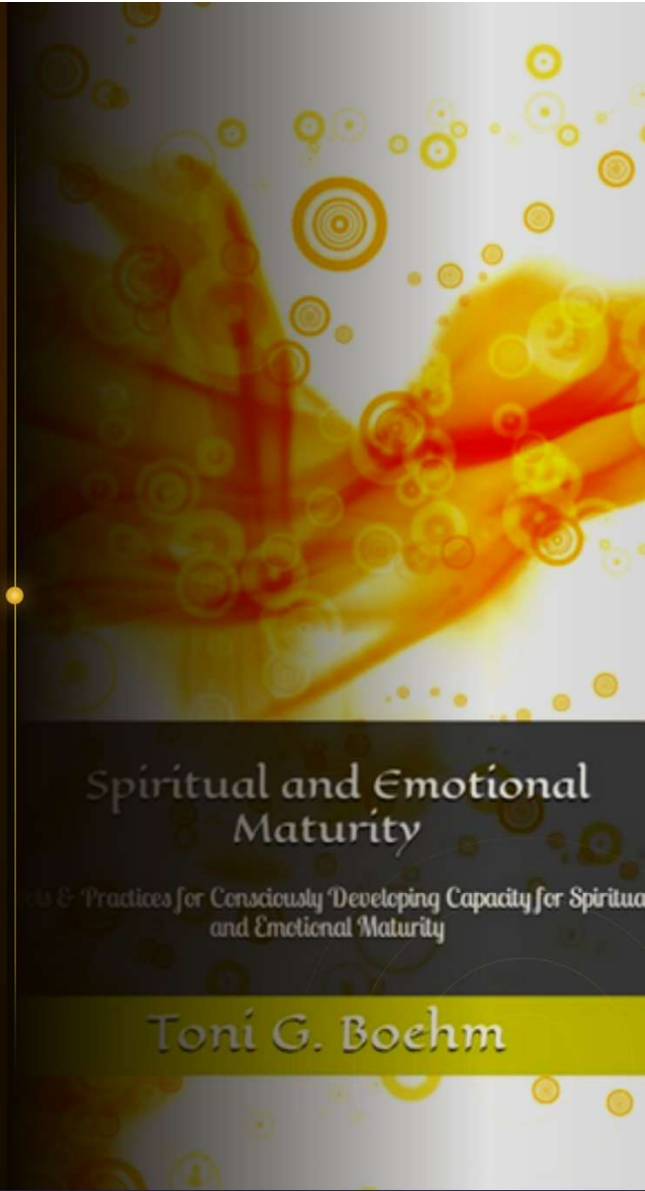
*There is a difference between waking up spiritually
and ripening in wisdom. Being awake is not enough –
maturity requires practice. Are you ready?*

Every Last Saturday · 9:00 – 10:30 AM
Beginning April 25, 2026

FACILITATED BY

Rev. Bryan Sawchuk

CO-SPIRITUAL LEADER
Unity of Fort Lauderdale



Spiritual and Emotional
Maturity

Ideas & Practices for Consciously Developing Capacity for Spiritual
and Emotional Maturity

Toni G. Boehm

FACILITATED BY

Rev. Bryan Sawchuk

LIVE ON ZOOM

Spirit SYNCHRONIZED PRAYER

Transforming Lives Through
Spirit-Synchronized Mind-Heart
Coherence and Prayer Alignment

- ☑ Tuesdays · Starting June 23, 2026
- ☑ 7:00 PM · 4-Week Journey
- ☑ Via Zoom

4-WEEK COURSE

Unity of Fort Lauderdale | commUnity



The Spirit of Life Within the Breath

"Spiritual breathing is to psychosomatic illness what penicillin is to infection. It is the quickest way to clear your head, settle your stomach, calm your nerves, and open your heart."

— Dan Brulé (p. 119)

neshemet ruach chayim

Hebrew: 'The spirit of life within the breath.' Breath is more than air — it is the life-giving principle itself. Many languages use the same word for breath, life, spirit, and prana. (p. 119)

A Universal Experience

A Course in Miracles: 'A universal theology is impossible, but a universal experience is not only possible, it is necessary.' That experience is the breath. (p. 119)

Breathwork Is a Spiritual Technology of Awakening

Working with the breath, you automatically develop a sense of spirituality and spiritual abilities. Every breath can be a prayer, an invitation, a demonstration of faith. (pp. 119–120)

We Are All Breathing the Same Breath

The breath in you now was in someone else earlier. Some atoms breathed by Jesus, Moses, and Buddha are flowing through you right now. (p. 120)

5 Levels of Being — Infuse Each Breath

In spiritual breathing, the goal is to make each breath as thick and juicy as we can — bring every level of our being into the process.

1

Thoughts

Words, affirmations, mantras, prayers. 'I am loved. I am peaceful. I am free.' Breathe the energy into every cell. (p. 124)

2

Images

Visualize the face of someone you love, a beautiful scene, a bright light or beautiful color that fits your intention. (p. 124)

3

Sounds

Breath sounds, ocean noises, humming, chanting. Oooh... Ahhh... Mmmm... Aum... Make any enjoyable sound while you breathe. (p. 125)

4

Movement

Move your fingers, hands, arms, head, spine, toes. Let the breath move your body — and let your body move the breath. (p. 125)

5

Emotions

Generate gratitude, joy, love. Put feeling into the process. Be dramatic. Send a clear message to your subconscious! (p. 125)

B R E A T H E N O W

Spiritual Breathing Practice

(pp. 126–127)

Take a slightly fuller, deeper inhale than usual — gently stretch the in-breath.

Deliberately let go into a long, soothing sigh of relief.

As you exhale — drop down, settle into a deeper part of yourself.

Let go of your thoughts, habits, routines, should and shouldn'ts...

Feel your borders softening... imagine radiating light from your heart, like the sun.

Give yourself permission to sense that you are an infinite, eternal being.

Breathing with Great Teachers

Rebirthing Breathwork

Leonard Orr — founder of Rebirthing, also called 'connected breathing.'

The technique: Active inhale, passive exhale. No pause between breaths. The breath turns like a wheel — continuously.

From time to time: a long expansive inhale and a big sigh of relief.

Breathe either in/out the nose OR in/out the mouth — not mixed. (pp. 128–129)

Ram Dass

Be Here Now. Brulé first heard him in the basement of the Harvard Bookstore.

Ram Dass paused, looked directly at him, and said:

'When you breathe in —
"The power of God is within me."
When you breathe out —
"The grace of God surrounds me."'

Driving home, it wouldn't stop. Impossible to breathe without those words. (pp. 131–132)

B R E A T H E N O W

Uniting Thought & Intention

(pp. 131–132)

Inhale: "The power of God is within me."

Exhale: "The grace of God surrounds me."

Or choose your own heartfelt intention:

What are the most beautiful words you could speak to yourself?

What do you wish for yourself and for the world?

What is your heart's grandest desire — your purpose, your fondest dream?

A heartfelt intention fueled by the power of the breath can change everything. (p. 132)

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The Dance of Breath

Vipassana Meditation

Sit quietly and watch your breath. The practice is like training a wild monkey — give it a collar, a short leash, a post. After some time it gives up and learns to sit still.

Through vipassana: out of 'the dark tangled jungle of my head and into the bright inner sky of my heart.' (p. 133)

Awakening Intuition

When you learn to ride the breath, when you flow with it — you establish a real and practical connection to your intuition.

Intuition is being in the zone, in the flow. When breathing intuitively, it feels like a dance — you and the breath are one. (pp. 134–135)

"Are you breathing the breath, or is the breath breathing you? Get lost in that dance!" — Brulé (p. 136)

Breathwork Is a Practice of Love

Three Fundamental Spiritual Principles (p. 137)

Nonjudgment

Judging is a reaction.

Nonresistance

Resistance is a reaction.

Nonattachment

Attachment is a reaction.

SHORTCUT: Practice nonreaction. All three are reactions — so simply practice their absence.

The Dimension of Love (pp. 142–145)

Breathwork awakens love. 'Without love we are blind, deaf, and numb to the truth of our being.' Love shines through when we let go of fear, control, judgments, resistance, and attachments.

The Dance of Consciousness (pp. 137–141)

Pure consciousness — like still, clear water — allows us to see what is really there. The Buddha and Patanjali both arrived at the same truth: consciousness must be like a pure, flawless diamond.

Everything Begins in Consciousness

Every breath we take gives life force energy to what we hold in consciousness. 'Thought is creative' — and 'thoughts become things.' (p. 132)

B R E A T H E N O W

Heart-Centered Meditation

(pp. 144–145)

- 1 Let your attention drop from your head into the center of your chest.
- 2 Use the inhale to create space — expansion from side to side, front to back, top to bottom.
- 3 Breathe into the heart, from the heart, with the heart.
- 4 Generate: love, peace, compassion, gratitude... fill every cell with these feelings.
- 5 On the exhale — radiate that energy out through your skin, like rays of the sun.
- 6 You become a channel of love energy — and the first fortunate recipient.

Breathing Into Daily Life

Compassion & Forgiveness

What does compassion feel like? How would a person who truly forgives breathe? Approach the breath that way — like carrying a sleeping baby. (p. 147)

Connecting

The breath already connects you to everyone and everything. Use it to draw in the energy of what you hear, see, and touch. Everything is energy — once in touch with the breath, you touch everything. (p. 147)

Three Waves of Peace, Love, Joy

Take three long inhales and three big sighs. Fill with love, peace, joy — then send that energy out into the world like a flower releasing its fragrance. (p. 149)

Spiritual Vacuum Cleaner

Breathe in all the negative energy of the world into your heart and let it transform into positive energy. Breathe in pain, breathe out pleasure. Breathe in fear, breathe out safety. (p. 149)

Go Within. Then Share.

Journal Prompts (5 min)

What did the opening or heart-centered meditation stir in you?

Which of the 5 levels of spiritual breathing feels most natural — or most challenging?

What does 'breathing is the language of the soul' mean to you personally?

What intention arose as you breathed tonight?

Breakout Rooms (8–10 min)

1. What most moved or surprised you tonight?
2. Did anything shift in your body during the breathing practices?
3. How might 'spiritual breathing' become part of your daily life?
4. What one breath intention will you carry into this week?

Between Now & Next Tuesday

Morning

5 minutes of Breath Awareness — just watch and feel. Note your pattern: slow, fast, shallow, deep?

Daily

Heart-Centered Meditation — breathe love, peace, gratitude. Radiate it outward on the exhale.

Intention

Use your Ram Dass phrases or your own. Breathe them into every cell, several times daily.

Read

Chapter 5 of Just Breathe before our next session, Tuesday April 8, 2026.

"Consciously breathe peace and love, freedom and safety, energy and aliveness. Watch the world within you change forever." — Dan Brulé (p. 123)