

SESSION FIVE

Just Breathe

Mastering Breathwork

Breathing Success in Life, Love, Business, and Beyond

Chapter Five

Tuesday, April 7, 2026 • 7:00–8:30 PM • Zoom

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Welcome Back

Take a breath. You returned.

*“If you can do something with the breath, you will attain the source of life.
If you can do something with the breath, you can transcend time and space.”*

— Osho, The Book of Secrets

From last week — what are you noticing?

- What did you notice about your breath this week — morning, midday, or evening?
- Was there a moment a conscious breath actually shifted something?
- What are you ready to explore or release tonight?

Tonight's Journey

7:00

Welcome Back, Intentions & Prosperity

7:10

Opening Breathwork Practice — just breathe

7:20

Homework Recap & Group Share

7:30

Ch. 5: The Miracle of Breath — CPR Story & Canary

7:50

Breathe Now — Listening Meditation

7:55

BREAK (5 minutes)

8:00

The Key to Ultimate Transformation

8:15

Guiding Life Principles & Practice Together

8:25

Journal & Breakout Rooms

Let's Just Breathe

Opening Practice — no instructions, no technique, just your breath

1

Close your eyes. Settle in.

2

Let your breath arrive naturally — don't control it.

3

Simply notice. What does your breath feel like right now?

4

Stay here for a few minutes.

The Miracle of Breath

Pages 151–153

The Story

Fall of 1969. An X-ray technician sees a CPR class on the bulletin board. Signs up — instantly, automatically.

Days later: a patient in the ICU stops breathing. No pulse. Fixed, dilated pupils.

She does everything exactly as trained. Breathes life into him. He comes back.

“I was hooked on the miracle of breath.”

Reflect

- When have you breathed life into someone else — literally or spiritually?
- When has someone’s presence breathed life into you?
- What does it mean that the first thing she needed to do was take a breath for herself?

The Canary in the Coal Mine

Pages 153–155

“Our breath is like this canary: it responds to things we are not conscious or aware of.”

- The breath is your most faithful inner compass — always signaling what is happening inside.
- Swara yoga: a whole branch of yoga devoted to the breath’s natural rhythm between left and right nostrils — oscillating every hour since birth.
- This rhythm is one of the first disturbed when something goes out of balance or illness creeps in.
- Try it now: close one nostril, breathe through the other. Which feels more open? Check again in a few minutes.

BREATHE NOW

Listening Meditation — Page 157

- 1** Play a couple of your favorite pieces of music. Headphones welcome.
- 2** As you listen, begin to take in the music with your breath. Breathe in rhythm to it.
- 3** Synchronize the movement of your breath with the music. Play with speed, volume, intensity.
- 4** Make breath sounds on both the inhale and exhale. Put passion and enthusiasm into the breathing.
- 5** Use the breath to disappear into the music. Have fun. Experiment.

Breathing to the Symphony of Life

Pages 155–157

“There are points in the breathing that you have never observed, and those points are like doors to a new consciousness, a new reality.”

— Osho

- The conductor of a 100-piece orchestra hears what we can't: the one flute player who is too soft.
- Breathing is like that. Most of us think: breathe in, breathe out — what's the big deal?
- But when you become the master of your instrument and the conductor of your orchestra — you can begin to perform and accomplish the most remarkable things in life.
- “When you tune in to the breath and open to it, the breath opens and tunes in to you.”

The Key to Ultimate Transformation

Pages 158–159

Using the Breath

It's one thing to use the breath to generate love, peace, and joy — to work with its healing, creative, and restorative powers.

This is the “doing” level. Valuable. Essential.

Being Lifted by the Breath

It's quite another to be lifted up by the breath itself and taken on a magnificent journey.

When we can surrender to it while it shakes all the fear and stress and tension from the cells of our body — like a dog shakes off water.

The Holy Spirit is the breath. Open all the doors and windows of your being. Let it blow through.

When You Are Ready

Page 159

“When a spiritual seeker is ready, the next book they pick up will have the answer, the next teacher they meet will show them the way, the next technique they practice will cause a breakthrough. It has everything to do with readiness.”

Reflection questions:

- Where do you sense yourself feeling “ready” in a new way — in your life, your healing, your expansion?
- What limiting belief might still be fighting the full, free flow of the breath — and of Spirit — in you?
- What would it feel like to let the breath set you free?

Guiding Life Principles

Pages 159–161 — The path and purpose of Breath Mastery

**Oneness
& Wholeness**

**Energy
& Aliveness**

**Freedom
& Safety**

**Peace
& Power**

**Love
& Light**

**Health
& Happiness**

**Rhythm
& Balance**

**Circles
& Cycles**

**Forgiveness
& Gratitude**

Breathing Patterns Are Like Fingerprints

Page 160

State → Breath

Every physiological, emotional, and psychological state has a corresponding breathing pattern.

Angry breath is different from peaceful breath. Afraid breath is different from comfort breath.

Your pattern says a lot about your relationship to yourself, your body, and to life.

Breath → State

It's a two-way street: when you change your breathing, you change your state.

Therein lays the transformational power and healing potential of breathwork.

“Every time you ‘take over’ the breathing, you are reprogramming your autopilot.”

So be careful what you think about when you breathe!

BREATHE NOW

Breathing with the Guiding Principles

- 1 Close your eyes and settle into a full, free, connected breath.
- 2 With each inhale, silently breathe in one of the Guiding Principles.
(Example: breathe in “Love and Light” — feel it fill every cell.)
- 3 With each exhale, release what blocks that principle from living fully in you.
- 4 Move through as many principles as calls to you. Stay with one if it moves you deeply.
- 5 When complete: take three deep breaths. Place a hand on your heart. Receive.

Journal & Breakout

What Are You Noticing?

Journal Prompts

- Which Guiding Principle felt most alive in your body tonight?
- Where have you experienced the breath as “the Holy Spirit blowing through”?
- What does it mean for you that breathing is a two-way street?
- What are you ready to breathe into — and what are you ready to breathe out?

Breakout Rooms

In small groups, share:

- One word for how you arrived tonight — and one for how you feel now
- Which principle or insight from Chapter 5 resonated most
- Something that surprised or moved you tonight

Listen fully. Hold space.

No fixing — only witnessing.

Between Now & Next Tuesday

Your Homework: Live the Principles — Every Day

Morning

Before getting out of bed — 3 conscious breaths. Choose one Guiding Principle as your intention for the day. Breathe it in.

Midday

Pause once. Notice your breath. Ask: what principle is most needed right now? Breathe it.

Evening

Journal a few lines: When did your breath shift today? Which principle showed up — or was hard to access? What are you learning?

Read

Read Chapter 6 of Just Breathe. Notice what lights you up.

See you Tuesday, April 21 at 7:00 PM • Session Six: Breathing Success in Life, Love, Business, and Beyond