

JUST BREATHE • MASTERING BREATHWORK

SESSION THREE

Breathing to Transform Your Mind

*"When the breath wanders, the mind also is unsteady.
But when the breath is calmed, the mind too will be still."*

— SVATMARAMA, Hatha Yoga Pradipika

Tuesday, March 24, 2026 • 7:00–8:30 PM • Zoom
Rev. Bryan Sawchuk • 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. 🍷

UNITY OF FORT LAUDERDALE • COMMUNITY READING

Monthly *Book* Discussion Group

Facilitated by **John Spera**

The Last Wednesday of Every Month

On Zoom • 7 – 8 P.M.





Flashback Sunday Service

March 29th, 2026 at 10:00 AM

  Streaming on our Website and App

No in-person Sunday services. Join us online!

The background of the poster features a tropical beach scene at sunset. A large palm tree leans from the top left towards the center. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The ocean waves are visible in the distance. In the foreground, three large, colorful Easter eggs (green, purple, and blue) are resting on the sandy beach.

EASTER

Sunday Celebration

April 5, 2026

10:00 AM

IN-PERSON

Sunrise Middle School

1750 NE 14th St • Fort Lauderdale, FL 33304

☒ Free Parking ☒

unityfortlauderdale.org



Welcome

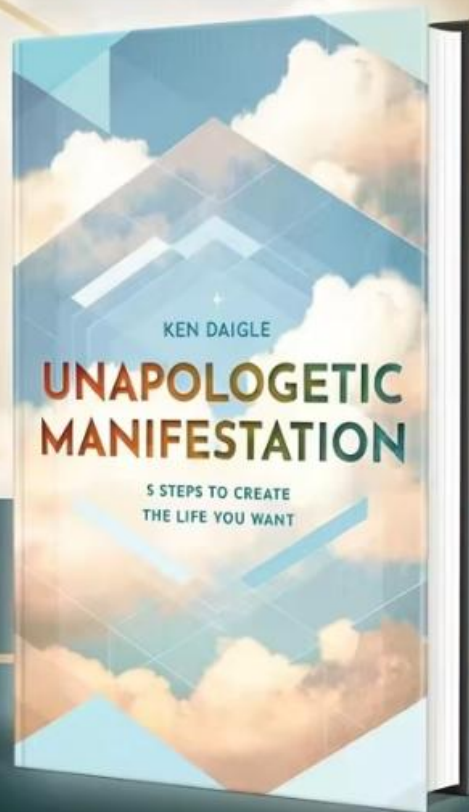
unity of Fort Lauderdale



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*



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



Welcome Back

Take a breath. You returned.

*"You can't stop the waves, but you can learn to surf."
— Jon Kabat-Zinn*

1 What did you notice about your breath this week — in moments of stress, calm, or in between?

2 Did any breathing practice actually shift how you felt? What happened?

3 What feels ready to expand, release, or transform for you tonight?

Let's Just Breathe

Opening Practice — come home to this moment

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. Let the breath breathe you.

Chapter 3: Breathing to Transform Your Mind

pp. 73–109

The Central Idea

Conscious breathing interrupts the **loop of negative self-talk** — the mental chatter that keeps us stuck.

When the breath changes, the mind changes.
When the mind calms, the breath calms.

They are inseparable.

What We'll Explore Tonight

- Letting go of life-limiting thoughts
- Holotropic Breathwork & Dr. Stan Grof
- Breathing away stress
- Breathwork in the warrior world
- Boosting creativity through breath
- Everyday breathing — for real life

The Tape That Loops

Toxic self-talk — pp. 74–76

The Story: (p. 74)

In a Bolivian prison, the author worked with "Flacco" — a former mayor consumed by a never-ending loop of victimhood and blame. The same sad story, repeated endlessly across meals. His mind, like an untrained rottweiler, kept pulling him back onto its familiar depressing track.

The Problem

The mind fabricates a loop.
Argument becomes identity.
The story becomes the prison.

The Breakthrough

Ten full free breaths — without stopping to swallow, talk, or scratch.
Then twenty. Then thirty.
The breath disrupted the pattern.
"We need to celebrate!"

Dr. Stan Grof & Holotropic Breathwork

pp. 80–81 — Read in the book

Born 1931, Prague. MD + PhD. Pioneer of LSD research who discovered breathwork could produce profound non-ordinary states without chemical risk. Founder of transpersonal psychology.

How It Works

- Faster, deeper breathing — continuous circle of breath
- Focus on flow & process, not goal or outcome
- Rhythmic music activates psyche
- Attention + attitude matter more than speed

Key Insight

"Healing is self-regulated and takes place in the heart. It is a radical innovation — entirely different from cognitive, talk-based therapies."

(p. 81)

Not everyone is a candidate — it can be intense. Begin gently.

Pause & Share

Before we go further — your experience matters

Take 60 seconds. Then share with the group:

Q1 Have you ever noticed a loop of negative self-talk that seemed impossible to stop?

Q2 When — if ever — has a breath, a pause, or a physical sensation broken that loop?

Q3 What does it mean to you that the breath can interrupt the mind?

Breathing Away Stress

pp. 81–83 — The antistress breath

**"low
&
slow"**

The general rule for anti-stress breathing

6–8 breaths per minute
Slow diaphragmatic

Hans Selye's insight (p. 82):

The word "stress" was meant to mean "strain." A certain amount is good — even necessary — for resilience. The key is how we think about it and react. Channeled wisely, stress can strengthen and inform us.

Two Anti-Stress Patterns to Try:

- 1 Slow diaphragmatic breathing — 6–8 breaths/min, low and slow
- 2 Make exhales longer than inhales — extend the out-breath; this activates the vagus nerve and parasympathetic system

Dr. Ela Manga — Five Laws of Energy

pp. 83–87 — Read pp. 84–87 in the book

1

Waves

Energy flows in rhythmic ebb and flow. Balance inhale (sympathetic) and exhale (parasympathetic). Practice: equal-count breathing — in 4, out 4.

2

Still Point

Find the neutral midway point — not empty, not full. Hover there. Rest there. The eye of the storm is the real source of creative energy.

3

Three Portals

Body, mind, and heart. Breathe into brain, belly (dan tien/hara), and heart — cycling through all three to develop full intelligence.

4

Unique

Every person is a unique expression of energy. No single practice works for everyone — play, experiment, and follow comfort.

5

Moving & Changing

Energy never stops. Transform stressed mental energy into kinetic energy by lengthening the exhale — this flips the switch instantly.

BREATHE NOW: Dr. Manga's ABC

Awareness · Breathing · Conscious Choice — p. 87

"Feeling it rather than feeding it" creates new neural pathways.

A

Awareness
—

Become aware of what you are experiencing physically, emotionally, mentally — without doing anything about it yet.

B

Breathing
—

Make space for what you're becoming aware of. Breathe into it. Allow it to move.

C

**Conscious
Choice** —

Once you've done A and B, you are now equipped to respond — not react habitually or counterproductively.

Try it now: Close your eyes. Notice what's present. Breathe into it. Choose your next thought.

Breathwork in the Warrior World

pp. 87–95 — Box Breathing with Navy SEAL Cmdr. Mark Divine

Box Breathing

↑ INHALE **4 sec**

→ HOLD **4 sec**

↓ EXHALE **4 sec**

← HOLD **4 sec**

4-4-4-4 or 5-5-5-5 or 6-6-6-6

Commander Mark Divine (pp. 91–95):

Had a "secret weapon" joining the SEALs — years of breathing and Zen meditation. He saw others fall behind because they hadn't mastered breath control or emotional state management.

"Concepts get you nowhere — training gets you everywhere."

His Key Priorities:

- 1 Breath control — Box Breathing
- 2 Arousal + attention control — feed the courage wolf
- 3 Power statements — "Easy day!" / "I got this!"
- 4 Micro goals — one task at a time

"When in doubt — always come back to the breath."

BREATHE NOW: Box Breathing

Practice Together — Cmdr. Mark Divine's technique

- 1** Settle in. Sit straight, relax your shoulders. Set an intention.
- 2** INHALE through your nose for 4 counts. Fill from the belly up.
- 3** HOLD for 4 counts. Stay calm and still.
- 4** EXHALE through the nose for 4 counts. Let it all go.
- 5** HOLD for 4 counts. Rest in the pause.
- 6** Repeat for 3–5 rounds. Notice your state before and after.

"When in doubt — always come back to the breath." — Mark Divine

Breathing to Boost Creativity

pp. 103–107 — *Barnet Bain, Hollywood filmmaker*

98% of 3-year-olds test as creative geniuses. Only 2% of college graduates do. What happened?

What Happened to Us

When feelings get too intense — we "evacuate the building." We take up residence in the head. Creativity isn't born in the head — it comes as a gift from beyond. It's a heart thing. An emotional thing.

We cut ourselves off from the body — and therefore our creativity.

"To regain our creativity, we need to relearn how to breathe." (p. 105)

The Fix: Get Back in the Body

Einstein — when stuck on a problem — would go sailing, play violin, or take a nap. He got into his body.

"Without the breath, you can only have a facsimile of feelings." (p. 105)

Breathing is like the pilot light on your oven: it's enough to keep you going — but not enough to cook anything. (p. 105)

BREATHE NOW: Creativity Practice

Barnet Bain's Creativity Camp technique — p. 106

Mouth breathing — upper chest and upper back — to access charged aliveness and creative flow

- 1** Hands over your collarbones. Breathe INTO your upper chest and upper back through a wide-open mouth.
- 2** Take 5 BIG, FAST full breaths. Hold for 1–2 seconds. Let it ALL out.
- 3** If sensations feel uncomfortable — look around and name things aloud. Ground yourself.
- 4** Once grounded, take 5–10 more big, fast full breaths. Hold. Release.
- 5** Gradually work up to 50–60 breaths. This removes the biggest blocks to creativity.

Notice — what shifted? What opened?

Everyday Breathing — The YES Breath

pp. 107–109 — Integrate into daily life

"Breathing is the language of the soul. As you exhale, say yes to giving. As you inhale, say yes to receiving. Let every breath be a big yes to yourself, to your body, to life."

Listening

Use your breath as a listening tool. Notice what happens to your breath when you're triggered. Listen from your heart.

Public Speaking

Use the inhale to charge up. Breathe with your diaphragm. Let the breath project your voice and your presence.

Boredom

Return to breath. Feel your feet. Notice the rise and fall of your belly. Become the watcher of your thoughts.

Busy Mind

Three long, slow belly breaths. Then 5-in, 5-out paced breathing. End with situational awareness.

Journal & Breakout

Let the breath breathe through what you're holding

Journal Prompts

- Where does your mental "tape" still loop? What story are you tired of telling?
- When has your breath — even unconsciously — broken through a mental pattern?
- Which practice tonight could you commit to this week?
- What does it mean that creativity lives in the body — not the head?

Breakout Rooms

Share in small groups:

- One word for how you arrived — and how you feel now
- Which section or story from Ch. 3 resonated most for you
- One practice you're committing to before next week

*Listen fully. Hold space.
No fixing — only witnessing.*

See you Tuesday, March 31 at 7:00 PM • Session Four: Chapter 4 — Rebirthing Breathwork