

## Archive 2017

[Earth Elemental Exercise: Free Demonstration \(3/28/2017\)](#)  
[Body Dialogue Meditation: Loving and Learning from Your Body \(3/21/2017\)](#)  
[Is Your Sensitivity a Blessing or a Curse? \(3/14/2017\)](#)  
[Free Inspirational Videos from Jim Morningstar \(3/7/2017\)](#)  
[Three Free Breathing Techniques to Jumpstart Your Life and Work \(2/28/2017\)](#)  
[Meditation on World Harmony: Love Matters \(2/21/2017\)](#)  
[Celebrate with Peace and Love- Special Offer \(2/14/2017\)](#)  
[Using Breathwork to Jumpstart Yourself and your Clients \(2/7/2017\)](#)  
[A Meditation on the Love You Are \(1/31/2017\)](#)  
[Experience Immersion in Unconditional Love Now \(1/24/2017\)](#)  
["Divine Child" Meditation and Special Offer \(1/17/2017\)](#)  
[An Invitation to Being and Living the Love You Are \(1/10/2017\)](#)  
[Incorporating Breathwork into your Lifework #1 \(1/3/2017\)](#)

## Archive 2016

[Preparing for Your Next Stage of Life in the New Year \(12/27/2016\)](#)  
[The Gift of Love for 2017 \(12/20/2016\)](#)  
[Living and Manifesting in Your Light Body \(12/13/2016\)](#)  
[Breathwork's Doorway to the Greater Self \(12/7/2016\)](#)  
[Being and Living the Love You Are \(11/29/2016\)](#)  
[Understanding and Accessing Spiritual guides \(11/22/2016\)](#)  
[Seeing with the eyeThe 100 Breaths Exercise: Jumpstarting Your Aliveness \(11/1/2016\)](#)  
[s of love. Seeing with the eyes of fear \(11/15/2016\)](#)  
[Breathwork and Healing Trauma now online \(11/8/2016\)](#)  
[The Complete Breath Demonstration \(10/25/2016\)](#)  
[Spirituality and Politics: your vote is called for \(10/18/2016\)](#)  
[Five steps of Forgiveness \(10/11/2016\)](#)  
[Meditation for Inner Peace Which Spreads to Our World \(10/4/2016\)](#)  
[Experiential Enneagram Practices to embody your potential \(9/27/2016\)](#)  
[Breathwork in Water: coming alive... \(9/27/2016\)](#)  
[Breathing with an Energetic Grounded male \(9/20/2016\)](#)  
[Breathwork With a Gender Balanced Theme \(9/12/2016\)](#)  
[Maintaining Faith in the Process of Change \(8/30/2016\)](#)  
[Practicing a Spiritual Discipline \(8/30/2016\)](#)  
[Developing and Trusting Your Intuition \(8/23/2016\)](#)

Increasing Awareness of Synchronicity in Your Life (8/16/2016)  
How We Create Our Reality (8/9/2016)  
Acts of Kindness and Service (8/2/2016)  
Finding Your Purpose (7/26/2016)  
Build on Your Signature Strengths (7/19/2016)  
How to Live in the Present Moment (7/12/2016)  
Finding Meaning with Gratitude (7/5/2016)  
Creating Intimacy in Your Life (6/28/2016)  
Working & Playing - Burnout Prevention Tips (6/21/2016)  
What turns on your brilliance and joy? (6/14/2016)  
Breathing into Your True Self (6/7/2016)  
What makes a great practitioner? (5/31/2016)  
Breathing with the Gender Balanced Theme (5/24/2016)  
Special Edition New Breathwork Video Book (5/17/2016)  
Exercises for the Brain Heart Connection (5/10/2016)  
Spiral Dynamics: The Theory of Everything (5/3/2016)  
Two Tools to Change your Mind and Your Life (4/26/2016)  
Breathing with the Steadfast Supportive Body Theme (4/19/2016)  
Sexuality and Ethics in Non-Ordinary States (4/12/2016)  
8 Qi Gong Exercises for You (4/5/2016)  
Doorway to Aliveness Right Under Your Nose (3/29/2016)  
Spirituality in Holistic Counseling (3/22/2016)  
How to Effectively Express Your Feeling (3/15/2016)  
What is a Master Breathworker? (3/8/2016)  
4 Keys to Your Emotional Wellbeing (3/1/2016)  
Sun breathing and a key to life mastery (2/23/2016)  
Moving for Wellbeing: a free introduction (2/16/2016)  
Free class on enhancing Sensing (2/9/2016)  
Learn two vital breathing techniques (2/2/2016)  
Two Breathing Exercises Vital to Joy and Wellness (1/26/2016)  
Getting more joy and nurturance from eating (1/19/2016)  
Tai Chi Exercises for Health and Wellbeingx (1/12/2016)  
Tai Chi Push Hands Play with Masters (1/5/2016)

## Archive 2015

Affirmations: Give Yourself a Mental Makeover (12/15/2015)  
Find the subconscious "shadow" beliefs that hold you back (12/8/2015)  
Mastering the Laws of the Mind (12/1/2015)

Self-Acceptance Meditation and Communication (11/24/2015)  
What is Holistic Counseling? (11/17/2015)  
How to be an individual in your family system (11/10/2015)  
The Two Pillars of Wellness in Your Life: Self Responsibility and Love (11/3/2015)  
Healing Trauma with Breathwork (10/27/2015)  
Mastering Your Thoughts and Feelings (10/7/2015)  
Prosperity in Your Daily Life (9/30/2015)  
The Empathetic Nurturing Theme in your life and breath (9/23/2015)  
Breathfest of Champions (9/15/2015)  
The Psychic Sensitive Body Theme (9/8/2015)  
How Breathwork Was Reborn (9/2/2015)  
Who is controlling your mind? (8/26/2015)  
Two Types of Breathing (8/18/2015)  
The Significance of Your Birth: Breathing in Water-Date Correction (8/13/2015)  
The Pelvic Rock and \$100 savings (7/14/2015)  
How you body themes can run your life (7/7/2015)  
"Get off my back" exercise with Jim Morningstar (6/29/2015)  
The ceremony that joins all peoples (8/4/2015)  
Balance Your Brain with this Simple Exercise (7/28/2015)  
Native American Ceremony and healing (7/20/2015)  
Two Vital Breathing Exercises (6/23/2015)  
Leading a Creative Life (6/17/2015)  
Why is Accepting Our Dis-ease Critical? (6/10/2015)  
Spiritual Psychology (6/3/2015)  
You are where you need to be, just breathe (5/26/2015)