

FIRST BREATH

Even though my very first breath was likely somewhat traumatic, I can love and forgive myself

Even though there were many emotions associated with my first breath of life, I deeply love and accept myself

Even though there are so many associations to breathing, based on the experience of my very first breath, I still love and accept myself.

On a subconscious level, I carry every memory of my first breath of life
I still carry in me all the memories associated with my very first breath
I have some residual feelings about my birth
Some aspects of my birth were locked in with the experience of my first breath
My first breath
Breathing my first breath
The moment I entered this world
And breathed my first breath
The first time my body and mind experienced air in my lungs

I want to be over my first breath, and all of the aspects of that experience

I still carry the experience of that first breath
I made associations at that time, to the feeling of air in my lungs
The sensation of breathing air
And all the feelings associated with it
Based on that very first breath
The experience of my birth
And my very first breath
The first time that I inhaled
The air flowing into my lungs

I want to be completely, 100% over all of
the feelings of my first breath

Somehow I will be completely, 100% over all
these feelings associated with my first breath

My first breath
The most natural thing in the world
But possibly also traumatic
So many intense feelings
Associated with my entry into the world
And that first breath
So many intense feelings
In me and around me
At the time of my first breath

My first breath
My first inhale
My first cry, a loud exhale
The sensations of that first breath
The feelings surrounding my first breath
I've been carrying some of those feelings
And I've been breathing them with each breath
And now I can release that first breath
Now I can release all those feelings about breathing