

# **The Conscious Business Telesummit**

## **The Nuts & Bolts to Your Online Business**

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### **Adela Rubio**

Adela: Welcome everyone to the Conscious Business Telesummit. This is Adela Rubio, your host. I'm very excited about our speaker today. She's someone that I know personally and have known for quite some time. The topic of conversation today is really about tapping into a process that I have discovered through Jodi that is phenomenal for really shifting those beliefs that are recurrent, that really hold your energy hostage and really keep you from maximum brilliance.

The inner game is one of my passions and it's an area that I coach around and it's a lot of what my work is focused around. One of the tools that I use is this process that I take you through that I facilitate. It's nothing new. People can call them meditations but it's just a way of experiencing the energy of who you really are as opposed to perhaps who you've been trained to be, albeit consciously or unconsciously.

The inner game is where many of us get stuck and whether it shows up in your business or your personal life, those of us who are on this conscious adventure know that there is no separation between one and the other which is why I have decided to include someone with a masterful tool to share with you in each one of these Conscious Business Telesummits.

Today our guest speaker is my extremely intuitively talented friend, Jodi Lilly. Jodi has been an intuitive but it took her many years to recognize how her sensitivity to people and energy could work for her rather than feeling compromised and at the affect of it. As a child she was told by more than one well-meaning adult that she was too sensitive and would just have to toughen up. That sensitivity eventually revealed itself as a sacred gift that would allow her to see, hear, feel and develop and enjoy her life in a way she never dreamed possible when she was younger.

I know Jodi personally. I have experienced her intuitive astrology. She is a Breath of Love practitioner and I actually experienced that also. She is a brilliant writer and one of those seven specially sacred group of women that I write with on a monthly basis.

Jodi, my friend, welcome.

Jodi: Thank you, Adela. I am thrilled to be here.

Adela: I'm very excited to be here with you, too. When you first talked about this Breath of Love, and I'm going to ask to explain a little bit about it first, I remember I heard about it a few months ago. It was during one of our writer's circles. We always do these check-ins and we say what we're up

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to before we start being totally possessed by the muse in the writing. I felt an instant attraction to it. I wanted to point out to people that when you hear something and you just go “ooh” many of us know there is an energetic pull in that. That’s an attractive energy. When something like that happens, check it out.

So I knew I had to check this out. It took me a couple of months but it was there. When I was planning the telesummit I knew that I wanted to share something for the inner game in this one. I knew that Jodi and her Breath of Love was it, even though I hadn’t experienced it yet. Then we scheduled a time to go through it and I did. I’ve done many, many things and this was wonderful and we’ll chat a little bit about it.

Jodi, can you just tell us in an easy succinct form what is Breath of Love?

Jodi: Breath of Love is a technique for processing stored memories. Love is an acronym for log the vibrational energy which is really at the heart of how the universe works. It was developed by a man named Cory Herter. It takes you through the different layers of memory. All memories that are stored have a charge on them. If they are unprocessed they actually lock down your life force. That energy is no longer available for healing your body, for creating new experiences, whatever you might want to be doing in your life. People get bogged down in repeating these same patterns over and over again and they can’t understand why this keeps happening.

The Breath of Love works very simply to discharge the energy on this; it goes through the layers of the memory and takes the charge off them. People have amazing insights about what was really going on, what this has meant to them. Awarenesses are just phenomenal for people. They make their own connections to what this has been about for them. They usually walk away feeling much lighter and like they’ve been set free. It’s so empowering.

I’ve done my own inner work since the mid-’80s and it just seems like it goes on and on. There was a long time the more I worked, the more work there was to do. The more I processed, the more there was to process. A lot of evolution has happened in that period of time. This Breath of Love technique has been phenomenal for actually not only processing, but actually bringing me to a different place where I feel like I have liberty and I understand things. It really does shift your life. I’m very excited to be able to share this with people.

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Adela: I'm very excited too. I've actually had a result already from our session last week that I'll share a little bit about later on. It's just extraordinary. Most of us that have been on this adventure, we've tried probably most of the methods out there already, all different tools and techniques. One of the things that really excited me about this process was one of the thoughts that I've been having lately, and lately is probably the last 9 months, really strongly is that this whole idea, we spend a lot of time as you mentioned, Jodi, dealing with the story of what happened. Can you just talk a little bit about how this bypasses the story?

Jodi: Yes. Because the Breath of Love is a breathing technique, and it actually helps to shift the brainwave state. Memory is stored in different brainwave states, either the physical, the emotional, the mental or the spiritual. A lot of us get caught in our heads in the stories of what happened. The more we focus, we think we are what happened to us a lot of times. We're stuck with that and we see it repeating in our lives. The story just reinforces the story.

This technique actually takes you through this. It's a physical experience in many ways and it bypasses, it doesn't matter what the story is is what it comes down to. It allows you to just erase, literally it erases the charge on the memory and it becomes neutral. What's actually happening is you're finally able to integrate the experience so that it frees you from the story.

Adela: How powerful is that? I just find that the more you stay in the story, it's like you're just playing the CD and the characters can change. It's almost like it's the same song on a different album.

Jodi: Exactly, exactly. Your song.

Adela: Exactly, your song. There it is again. Oh my goodness, I know this song it sounds like. What's wonderful about this is that the experience of it is that it actually goes to the memory, so physically and energetically something shifts without you actually having to dive into this story. For me, this is one of the things I've been noticing is that it just takes so long. It takes so long when you're going to shift from the intellect. It takes decades.

Jodi: And it never really shifts, it never really shifts. You can decide that you're going to get over it, you can decide that you're going to let go of it, but what's actually happening is you can't change your mind with your mind. You can decide you're not going to focus on that anymore but it's still in there until you're able to process it out. This overrides the intellect.

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Thoughts are things, I've been around all this for a long time too, but it is only part of it. When we get caught in these stories it ties up your energy. It is like a broken record. You scratch, new characters but same story over and over and over again. It makes a huge difference.

Adela: It's really exciting. The way that I work with energy is a little different. I find that it's not for everybody because some people don't feel that comfortable with a free-flowing kind of experience. Still there are many people still that want a process that on some level, even though it's energetic it's also linear in terms of okay; these are the steps that I take to do this.

That's what I loved about yours. For me, it was like a marriage of these two cool really ways of accessing energy. To create a shift was, because most of us who are living in a linear world, even though some of us may be very creative and be life artists, it's interesting to find that we will still want in terms of a certain process, we may want some kind of a format to take us through in a container for us to experience a shift. I like that this has a physical component because I know that everything occurs in the body, otherwise we wouldn't be in it. We've moved past that one of not wanting to be in the body. Right?

Jodi: Yes.

Adela: Yes. It gives a really nice process. I wonder if you could tell us a little bit, because I love the left brain candy, to just kind of understand. Can you talk a little bit about the different brainwaves and how the memories relate to the brainwaves?

Jodi: Yes. Memory is actually stored, as I've been taught, memory is stored in the fibers of our muscles which is the body/mind. The brainwaves states are the physical...I'm sorry. I've got somebody out here with a weed blower and I'm a little distracted. Ask me the question one more time please. I'm trying to get to the quietest place in the house so I can hear you and not have all that.

Adela: This occurs on every phone call almost, so no worries. Just if you could tell us a little bit about how memories are related to these brain waves.

Jodi: Okay. Memory is stored in one of the four brainwave states or it will get stuck in a different brainwave state. It's either the physical, the emotional, the mental or the spiritual. Memory actually will be stored in layers so there will be generally all of those things, different parts of it will be stored

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in different aspects of it. The emotional brainwave state, it's like the feeling of it where they keep re-experiencing, that feeling keeps coming up over and over again. How it gets stored in there, the body is complicated I guess but what will happen is as you process through, you start to see with different layers of the memory that this layer has a huge, it's got a big story on it, that it's one of the places that we get stuck in our life is we'll go back to that story or we'll go back to that feeling. We think that it's new to that situation that's happening and actually it's just a repetition of this program and this pattern. You can see that things will feel familiar like if you really look at it like I've been down this road before, I thought I was over this but it will be tied into a specific experience that you've had. Does that address what you're talking about?

Adela: Yes, yes. The memories, in a way I think this is great because it's like a stealth program.

Jodi: Yes, exactly. A discovery process. It's fascinating, truly.

Adela: This could also be in terms of the physical. It could just be even like being in certain environments that this stuff gets triggered.

Jodi: Yes.

Adela: Yes. And so the same thing mentally and spiritually. It may appear to be again like we said, it may appear to be a different album but it's still the same song that's going on underneath.

Jodi: Right.

Adela: Wonderful. This is the level at which the Breath of Love shifts things.

Jodi: Yes, yes. Absolutely. When people come in for a session often they won't have a specific memory necessarily in mind, but they'll have something that is playing out in their life. I'll ask them when they last felt like that or when was this experience really up for them or when did they experience this in a big way. It really is uncanny how if you can process those key memories, it unlocks all kinds of energy in your life and all kinds of breakthroughs are possible.

Adela: Wonderful. I know that you wanted to take us through an experience of one of the, there are several techniques with this process but you wanted to take us through one of the breaths, yes?

Jodi: Yes.

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Adela: Does it feel like a good time.

Jodi: Yes, it does feel like a good time.

Adela: Great. For those folks who are on the web, Jodi did send me something but I don't really think you need it. If you want it, it's on the webcast. I put it there as a link within the text around the description of the class. It's a little lower down so it's not the button, it's the other thing. I'll give folks the domain name and it's a PDF. Just go to [www.consciousbusinesstelesummit.com/gbreath.pdf](http://www.consciousbusinesstelesummit.com/gbreath.pdf) Some of you I know are visual and you may want to follow along, but after you do this it's really simple. We're going to use our hands and there are ways that we combine the fingers as we do the breath. There's a process that Jodi will explain to us. If you're visual and you want to look at it, it's at [www.consciousbusinesstelesummit.com/gbreath.pdf](http://www.consciousbusinesstelesummit.com/gbreath.pdf).

Jodi: The original way, adding the finger placement, finger positions was a more recent development of this technique. You do not need to do the fingers at all. In fact it's probably easier right now to just go through and follow the breath with me.

Adela: Then let's do it that way. I think that's easiest.

Jodi: Yes, it makes it much simpler and then people don't get frustrated that don't and I don't have to keep talking about the fingers. We can really just focus on the breath.

The idea here, this is called the G-Breath or the Gamma Breath is what Cory calls it. What you want to do is inhale and exhale as deeply as you can on each breath. We will go through the four breaths which are the mouth-mouth breath, mouth-nose, nose-nose, nose-mouth and then mouth-mouth. There's a total of 13 breaths. The idea is to get light-headed. Have a seat. Get comfortable while we do this. You can do it with your eyes open or closed, whatever you want to do but you just really want to inhale and exhale as deeply as possible. This works like a reset button for your brain and when you're in a stuck energetic state, when you just can't get over something or you're really upset or very stressed or whatever, it helps you complete the cycle of creation basically from physical all the way back to physical again. It works wonders. I've been very impressed with this.

Adela: I just wanted to clarify one thing, Jodi. When you're saying mouth-mouth, mouth-nose, that just means the inhale is through the mouth and the

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exhale is through the mouth or the inhale might be through the mouth and then exhale through the nose. So that's what that means.

Jodi: I will guide you through the whole thing so you don't need to worry about that.

Adela: Wonderful.

Jodi: Alright? Ready?

Adela: Yes, ready.

Jodi: Okay. In through the mouth and out through the mouth. In through the mouth, out through the nose. In through the nose, out through the nose. In through the nose, out through the mouth. In through the mouth, out through the mouth. In through the mouth, out through the nose. In through the nose, out through the nose. In through the nose, out through the mouth. In through the mouth, out through the mouth. In through the mouth, out through the nose. In through the nose, out through the nose. In through the nose, out through the mouth. In through the mouth and out through the mouth.

Just relax and breathe normally. You should feel a little bit light-headed, a little bit altered. It feels a little bit different, Adela?

Adela: Oh yeah.

Jodi: Yeah. Who needs drugs? Breath is free. Light-headed, you should feel like you just are kind of really relaxed and just a little different. It takes a minute or two to wear off. Let's just give that a minute.

Adela: I love this stuff.

Jodi: Isn't it good?

Adela: I don't know why this idea would occur to me. Perhaps because I was a child of the '60s. Do you know there were all these bomb alerts and things, so the bomb shelters and stuff like that?

Jodi: Um hmm.

Adela: I always thought, "What would I need if there were nothing ever around, what would I need in order to be." I've always been like "Okay, so I've got myself and I've got my body." What are the essential things that if you had nothing else everything could still be wondrous?



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Jodi: Yeah.

Adela: Yeah. The breath. We take it for granted.

Jodi: Yes. There's so much talk about, I mean we finally realize now how important, at least people in the consciousness community, and more and more in the world at large I hear people talking about the breath and how important it is. We understand that it helps keep us flowing and it helps keep us in our own rhythm and so on and so forth. It will help reduce stress and those kinds of things. This process actually helps you to understand how it's a really profound way to breathe. It's just a great tool for anything, even like injury. I slammed my finger in the door the other day and I just started doing the G-Breath and it was amazing, because you know how you get that panicky feeling? It just helped me just to calm down and come back into center. It helped the pain in my finger go away. It helps your body just sort of adapt and relax and let go.

Adela: It feels powerful. I'd love to hear from a couple of folks just to get some feedback. That would be wonderful. I'm putting this on Q&A because we've got a nice enough group that we can do that. If anybody would like to check-in with Jodi and share about your experience with that breath, Star 7. That would be wonderful.

Jodi: You're reading my mind.

Adela: They might be too zonked but I don't know.

Miriam: Hello.

Adela: Hello.

Miriam: Hi, this is Miriam. That was awesome. I feel very relaxed and the room kind of lit up. The room seems brighter for some reason.

Jodi: Thank you.

Adela: Thank you, Miriam. Great.

Marcia: Jodi, hi. This is Marcia. I also enjoyed that exercise. It felt similar to the process of self hypnosis. Is this related to that?

Jodi: Actually not. This is actually sort of a waking up more than...I've done a lot of breathing and visualization but I think it helps your body sort of refresh itself and for you to be able to become more present. If that's a self hypnosis thing, then yes.

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- Marcia: Is the G-Breath, is that the Breath of Love?
- Jodi: When we open a Breath of Love session, the G Breath is what we do first because it helps you really to present with what's going on. It is the closing breath that we do in the process.
- Marcia: Okay. Thank you.
- Jodi: You're welcome.
- Adela: That was great. Thanks. We've got a couple of check-ins from our webcast. Baylon from San Francisco said *crown chakra opened wide*. Very nice. Alisha from Anaheim actually had a question. I think it's a great time to take that question. She also said *Thanks ladies. Loving it so far*. Thank you Alisha. But she asked *Do you think of the event first and then breathe?*
- Jodi: With this G-Breath, if something comes up, the way I suggest working with this is if something comes up and it's really pressing on you and you're feeling yourself wanting to react or that you're really in it, the G-Breath will help you sort of get clear again. It doesn't process the whole event obviously, but it will help you sort of be more present and know what you want to do rather than being so much in reaction to what's happening.
- Adela: This breath is just part of the process. In the process there is a place where you do ask the client to just tap into that memory that is most present for them. Right Jodi?
- Jodi: Yes, the memory they want to work on. Absolutely.
- Adela: Great. Thanks for the question, Alisha. That was wonderful. Anybody else want to check in and let us know how that went for you? We've got time for one more before we move on.
- JoAnne: Hey, it's JoAnne.
- Adela: Hey JoAnne.
- JoAnne: Hey there. Thank you for that Jodi. What I noticed was just that it feels like it created more space in my body and the sensation, it kind of feels like my cells are kind of tingling and twinkling a bit. Feels really good.
- Jodi: Wonderful. Thank you.
- JoAnne: You're welcome. Thank you.

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Adela: We like twinkling cells.

JoAnne: Exactly.

Adela: We've got another comment from Ruth Ellen on the webcast. *Jodi, thanks. That was a huge help. I was able to release some old stresses and anxieties.*

Jodi: Wow.

Adela: There's a question. Can something as simple as just doing this G-Breath be used as a process to just work through some of this stuff?

Jodi: Absolutely. Absolutely. It helps you on many different levels. What it actually does is takes you through the full process of creation which is number 1) the physical experience. You take action in the physical and then there is an emotional component to it where you either accept it or reject it and lock down there. That's how people get stuck in their emotions because they don't want to accept what's happening. If you can accept it, then you go on to the mental where you get the ideas and insights about it and you're able to kind of integrate how this needs to work. Then you get the spiritual lift from it as you're completing the process as you see the fruits of it. Then it goes back to physical again where you actually see what's been created in the world. You come into community and compassion and those kinds of things.

The G-Breath is extremely powerful, extremely powerful for even just those times when you run into something and you just don't know what to do with, it just helps set your body right so that you can relax around it. That is the process of creation and it's so empowering. It's like a little vacation for the brain because we make it responsible for an awful lot of stuff. It's almost like fuel. The breathing is like fuel that helps to clear and energize and nourish the brain.

Adela: I always think of the breath as the bridge between the body and what I call the boundless being which is your largest aspect which is your energetic aspect, non-physical. I love this process and just that you called it the process of creation. If you think about it we all talk about the now and the moment and the present. Right? It's so great. I love it because I'll even think, "Okay, so how do you be that?"

Jodi: Exactly, exactly.

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Adela: So just even a simple process of a cycle of how many breaths was that? Like 6 breaths? How many?

Jodi: There are 13 all together. You go through the four, the physical, the emotional, the mental and the spiritual three times. Then you end again with the physical.

Adela: Fantastic.

Jodi: I just realized there's a typo on this PDF.

Adela: It's perfect. I love all the ways we've been because in numerology if you add the 1 and the 3, it's the 4, it's the number of foundation and form. I'm like, "Wow, here we go yet again." It's just everything mirrors everything.

Jodi: Yes. I just want to say real quickly, the Alpha Breath is actually the emotional breath and the Theta Breath is the mental. When I was creating the PDF I reversed those two. For those of you who have the PDF, that is incorrect. I will correct it and put it back out there again for you.

Adela: Plus what I did and I will also send by email, what I did was the button on the webcast, that button there takes you to an opt in site where you'll get the PDFs, she'll actually mail it to you. Jodi will send it to you so you can get it that way also.

We've got a couple of more questions here which is really great.

Jodi: Awesome.

Adela: Jack, our friend from Tel Aviv, *Just to make sure I understand, is the G-Breath a tool to achieve clearer perception of the stuck memory?*

Jodi: It is a tool for bringing you present. It will often, yes, it will help to understand what that stuck memory is. We have countless stuck memories actually but it will help you to have more insight. Basically the G-Breath is just a great tool for anytime, everyday just use it. It's like a mini-meditation and it just helps clarify all kinds of things. It gives you a little buffer before you react to something.

Adela: I'm still feeling it.

Jodi: Good.

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Adela: It's really great. We've got another question from Nancy. *Do we have to do the breath at the speed that Jodi did? I wanted to breathe a little more slowly.*

Jodi: You want to challenge your brain a little bit. It's not about going into a Zen state so you want to kind of challenge your brain a little bit. You can do it at a rate that feels comfortable for you but you want to really feel like you're challenging your lungs and your challenging your body a little bit because you want to create that light-headedness. If it's too relaxed then you don't get to that place of light-headedness and that's when the shift happens. That's when the actual letting go happens, the completion happens.

Adela: Okay. Cool. I have another question actually here from goodness, a little bit earlier from JoAnne. *How many sessions does it generally take to clear out old patterns?*

Jodi: It depends. If you hit a major memory artery, one session can move a lot of energy because it will also help to process all the other tributary memories that are associated with it. Cory suggests doing your three major memories, if you're going to work with a practitioner that you would work on processing the three most traumatic experiences in your life, those life changing events where from that moment on things were different, either whether it was internally or externally, it created a shift for you. Then the three most amazing experiences you've ever had because it's important to process positive memories also.

That's another thing I would like to talk about if that's alright.

Adela: Yes.

Jodi: The reason for processing positive memories is most people who are light workers or who live in the consciousness community and have worked on themselves, processed the negative. We want to get rid of that stuff we don't like about ourselves or the stuff we feel has bogged us down. We want everything to be light and pretty and beautiful and wonderful. Right? Wouldn't that be grand? With the positive memories, what happens is we hold onto those things and he said those actually reinforce our kind of addictive states, that we hold on to those things because if we free up that energy, we can create more wonderful experiences basically. If you only process negative memories, which is what I did for decades and a lot of people did, what happens is there is an imbalance in the body and so the body will bring in more negative experiences because you've got an

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imbalance of positive. As you process your positive memories too one thing I've noticed is that it's a really wonderful experience because you get to see what was really going on there and you integrate the experience. It actually increases your job. It enriches your experience of whatever that was. You don't actually lose the memory either but what it does is it takes the charge off it so that your system frees up that energy to be able to use for healing of creating new experiences. It's very positive to process positive memories as well.

Adela: I love this. This is part of my being at choice song. What this does, both of those, we're creating everything, right? Or at the least we're co-creating. At the minimum we're co-creating. Right?

Jodi: Yes.

Adela: To be at choice, to claim your power not only over your negative memories and experiences but also over your positive memories and experiences, my gosh, do you need a better confirmation in terms of your experience that you are a co-creator?

Jodi: Right.

Adela: That also helps us with what you were talking about a little bit about, and I know because oh my God, I did healing for 40 something years and then I was just like, "I'm just so tired of healing. I'm exhausted with healing. Set me free. Where is the other road" Because at some point I was just like, I remember I talked about his before. One summer I spent \$15,000 out of my own pocket in alternative healing because you know of course I don't do doctor stuff or any of that kind of thing. I spent \$15,000 trying to finally fix myself up. One summer I was like, "Okay, this is it. This is the summer that I'm fixing everything."

Jodi: I'm familiar with that syndrome.

Adela: Well, \$15,000 later, let me tell you. That's when I got the "I'm done with healing." Listen, I know that in the continuum healing is a very powerful paradigm but there comes a point after you've done, especially when it's self stuff, fixing yourself, you start getting some of the bits and you see that the focus is all about your identification with the part of you that is not okay.

Jodi: Right. Absolutely.

Adela: The more you focus on that part, the more that you give it life.

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Jodi: Right.

Adela: What a powerful process to own the energy of the full memory, especially if it was one that was hurtful or was traumatic and be able to be free, this is another one of these words that I'm getting throughout this teleseminar. There are certain themes that run through it. Freedom is definitely one of them. This sense of freedom from the assumptions that we've made around these memories.

Jodi: Yes. Definitely. Definitely. Liberation, empowerment, we all want to be able to create our own reality and there's been all of this information around Law of Attraction which is just very powerful and yet for most people, it doesn't work very well or it will work to a point and then it won't work and that also speaks to this imbalance where we're trying to focus only on light, we're trying to focus only on the good, we're trying to have only positive thoughts. The system will automatically, it's not balanced that way. We're denying a part of ourselves and part of our own natural rhythm and flow when we do that. It's not that we should focus on things that are bad but it's also that you need to have compassion for whatever is going on with you and to be able to respond to it and then move forward.

Adela: Yes. I think some of us may have been impacted by those happily ever after movies.

Jodi: Oh yes.

Adela: Yes and what you're speaking to, I love this. The come and the go, when I was in India my Zen master called it the Play of Lela. As long as we're in the world of form, I mean everything in the world of form has a flow, has a rhythm, has a cycle. Right?

Jodi: Yes, yes.

Adela: Think about it. Nature, the sun, the moon and the stars. Everything has its flow and we are as organic as the rest of the world, as the rest of the universe. We're cyclical in nature, our energies flow and so I love this because this is a very holistic way that really encompasses your whole being.

Jodi: Yes.

Adela: Yes, so I'm loving this. The fact that it is a process that we can do just very easily just through some breaths. Jodi, I was just wondering if you could take us through that again. Then I know that you've got a really nice

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offer for the folks here but I wanted folks to have this again, just to experience it again. This time I don't know if you want to venture. I think we should still do it just with the breath and then later on folks have an opportunity if they want to explore playing with you. I know that when I worked with you and it was last week, we actually split it up into two sessions because I was busy with phone calls. How long did we wind up spending together? Was it an hour and a half?

Jodi: I think it was an hour and an half. That's actually another thing that I wanted to mention too before we go back into the G-Breath. With doing this work we process three different perspectives when we work on a memory. We process your own personal perspective of what happened in this memory. We process the perspective of one other person who is not, because you're trying to process them or fix them but because you're in your memory your experience of that person is part of it, and so we go into their perception which provides amazing insights into yourself and your own experience of that thing.

Then we also process the environment because the environment is also part of what the memory your brain has recorded. Doing that part of the memory processing is fascinating. I have found that to be very physically grounding and clarifying. I've never seen other work where they do that but it's a very thorough experience. You come away, they say that it takes three perspectives to come to truth. There's the negative, the positive and the neutral that create truth. Not that one of those perspectives is each of those things but essentially it does take three perspectives for us to understand and fully integrate. Anyway that's what we do. Sessions generally go 45 minutes and an hour and 15 minutes.

Adela: That's great. I found that really insightful. From an energetic standpoint I could see where we're clearing because we don't exist in a vacuum. It's not like we're just isolated beings out in time and space. Everything is interconnected. I love that we do this kind of opening, clearing, not only with our own perspective but with the perspective of the other and the perspective of environment because we're dealing with the different streams of an experience. I can see how this is really deep and really, really powerful.

I wanted to share real quickly, Jodi, that I had an experience earlier today. I'm dealing with all this stuff from my apartment and the issue that we had worked on, it was kind of like an abandonment thing, wasn't it?



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Jodi: Um hmm.

Adela: It was like this abandonment thing. I don't know if anyone else has that one, but that's one of mine. Of course something occurred this week where I'm being abandoned, as a matter of fact. Somebody that was helping me out, someone who is important to me just basically left me holding the bag around the construction with my apartment and just called me to give the phone numbers of the three different folks who were doing the work and said basically, "I wiped my hands of it." Of course, it was really interesting because at first I was feeling like, "Wow, that is really a stinky thing to do." Of course that was my first thought. That person left me an interesting message. Then I actually called the person back and I found it amazing that I wasn't angry and that I acted like a grownup.

Jodi: Wow.

Adela: In terms of that my voice was level, just the way that I'm talking now and I was able to articulate what I felt and what I thought. I remember saying, "Hey, thanks for the phone numbers. I appreciate those phone numbers" or something like that. You know how sometimes when we get this thing and normally we're a sane person in our other interactions and then something will happen where we just turn into someone else.

Jodi: Yes. The trigger.

Adela: Right? There's just something and you all of sudden there's this level of emotion that's way, way beyond the response that it should be. It's something that's just way off the charts. I remember thinking, "I can't wait to bring this up on the call" because I know it was a direct result of having worked with you last week.

Jodi: Yes, and that's the uncanny thing too is that we will create new situations for ourselves to, it's like a test like, "Did you get it? Oh look, I got it. I did it." It happened naturally. It's like, "Oh well, this is how we deal with this now." Then you later realize, "Wow, I did it."

Adela: I could see how this creates new thought, too, because this is the other thing that happened. I actually had a new thought. The thought occurred to me while I was listening to his message, because apparently I had this thought that I cannot handle the construction that's going on in my house, so I've been having people do it for me and not happy with the way that they're doing it for me and feeling like, "Oh, I don't know enough. I don't know anything about this and that." Then it occurred to me that I could

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actually manage the construction and the folks that were going to be working and the quotes and the pricing and all that stuff, that I could actually handle that. That was such a novel idea for me because literally my body would start going into contraction at the thought of doing that.

This is what's wonderful. It moved me into action because then what I did was I went on the internet and I was like, "Yeah, okay, it's not local New Jersey prices. It's not the local guys that are waiting for day jobs over here, but what's the average price of a hardwood floor installation?" What's the average price for red oak or whatever flooring and I got some ideas. Then I called up the guy and I asked him to break down the labor and the materials. I know this sounds like normal folks, but I'm telling you I was so freaked out about doing this. I actually had a conversation and the guy gave me the information and he said, "Hey, we can talk about it later when I come by." I was just like, "Wow. That wasn't so hard to do."

Anyway I just wanted to share with folks from one session with you what my experience was because it was really, really powerful. I changed my mind.

I think I want you to end this with the G-Breath.

Jodi: Okay.

Adela: I think that would feel really good. What do you think?

Jodi: Yes, I think that sounds good, too.

Adela: Then we can send off everyone all like zoned and Zenned out and clear for the next thing. Can you just tell us a little bit, I know that you've got a special offer for the folks here at the Conscious Business Telesummit community. Tell us a little bit about it.

Jodi: I am offering two sessions for the first 10 people who schedule appointments with me. Two sessions, it's normally \$125 for a session and for the people on this call, the first 10 who call get two sessions for \$200, which is a \$50 savings.

Adela: Yea!

Jodi: I can work with you either by telephone, on Skype video which is what I love to do which is how you and I did our session.

Adela: I forgot about that piece. That was so fun.

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Jodi: Yes, the Skype video is wonderful if you have that ability to do that. That's what I have.

Adela: If folks want to contact you about a session, what's the best way to do it?

Jodi: Email. Email is [Jodi@lightinmotion.net](mailto:Jodi@lightinmotion.net).

Adela: Jodi J-O-D-I at lightinmotion.net. I'll make sure and send that out in the post-call email this evening for everyone.

Jodi: Great.

Adela: Wonderful. Any last questions folks before we close out with another G-Breath which I think is a phenomenal way to move us into the rest of our day?

Great. Take it away darling.

Jodi: Alrighty. I'm going to actually slow it down a little bit for people but just remember to inhale and exhale as deeply as you can on each breath. Here we go.

In through the mouth, out through the mouth. In through the mouth, out through the nose. In through the nose, out through the nose. In through the nose, out through the mouth. In through the mouth, out through the mouth. In through the mouth, out through the nose. In through the nose, out through the nose. In through the nose, out through the mouth, in through the mouth and out through the mouth.

Alright. That is the G-Breath. Give yourself a couple of minutes to just relax and breathe normally.

Adela: And cook, which is what you called it.

Jodi: And cook, yes. Cook indeed. Do you want to open it up for any last comments or questions?

Adela: Yes, actually I'm going to put it on Q&A. Actually we've been on Q&A the whole time. Folks are so good on this call. Star 7 if you just want to check-in and say how you're feeling and what you've experienced. That would be wonderful. Star 7.

Riana: Hi, this is Riana. I just wanted to let you know that I feel so much lighter. Thank you. Both times, I'm still feeling like an unwinding sensation in my body like the whole energy is unwinding.

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- Jodi: Wonderful. Wonderful. You're welcome.
- Adela: Thank you Riana.
- Barry: This is Barry from Boston.
- Jodi: Hey Barry.
- Barry: Hi. I was really feeling like she was going to go from the G-Breath then to explain how this connects with bringing back memories and the healing. I was wondering if you could give some kind of sense of the process of how it connects. I would like some insight on that even if I haven't taken the workshop yet or taken the session with her yet.
- Jodi: The G-Breath is just part of the process. I chose to use it to demonstrate today because it gives the people a chance to see how much you can shift just doing this simple breath. In the process itself, there are other breaths that we use called the Wave Breath that as we work through the different levels of the memory the G-Breath is kind of a utilitarian tool that you can use for anything. As far as the memories go, if you have something come up, if you have a memory come up, this won't actually process the memory but it will help you to be able to shift out of reaction to it and have a little bit more space to be able to explore the memory yourself. Does that help?
- Barry: Yes, that does help. Thank you. Can I ask you if we don't want to get a session now or can't get a session right now, if we get it a couple of weeks from now what price do you charge?
- Jodi: I normally charge \$125 for a session.
- Barry: We can just book that anytime we want. Just email you.
- Jodi: Yes. My website is [www.lightinmotion.net](http://www.lightinmotion.net). There's information there on the G-Breath and information about pricing and all of that kind of stuff. My email is there and there is a phone number that you can call also if you have questions and you want to speak to me about it. It's 925-855-1565. If you have questions, you're welcome to call me.
- Barry: Thank you.
- Adela: Thank you. Do we have another check-in on feedback on the G-Breath? Anyone else, Star 7 if you want to check in before we sign off.
- Tonya: Absolutely awesome and relaxing. This is Tonya.

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Jodi: Wonderful.

Tonya: Thank you so much.

Jodi: You're welcome.

Adela: Jodi, thank you so much for sharing the gift of you and your intuitive brilliance and the fascinating facilitation of the G-Breath. I love, love the Breath of Love process that you have. I recommend it highly, of course. You know that the folks that I have on these calls are folks that I know personally, I've worked with them and I highly recommend. For me, it was a treat to share you with my community, Jodi. Thank you for being here.

Jodi: You're welcome. Thank you so much for allowing me, I'm just so honored to be here and I've just really enjoyed always talking to you. I'm just really grateful that I was able to do this and that people have had a great experience of the G-Breath. I love introducing people to that.

Adela: I know. You just light up with this G-Breath stuff so I know that you're in your brilliance right now just facilitating this for people. You know that folks in their brilliance are the ones that really move and groove and the ones that can deliver their gift. Jodi is a gift and the folks in this community are gifts. They're all fantastic people. Thank you all for being here. I'm going to put us on interactive so we can say goodbye.

Thank you everyone. Thanks for being here. We'll see you later at 4:00 o'clock.