



## Ep 19: Conscious Breathing Part 1 (That time I became a pulsating ball of energy)

Take a deep breath in - and let it out with a sigh. Tune inwards and ask yourself, How am I feeling right now in this present moment? Write down your emotions.

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Without judging yourself, do you think your current emotional state is of a higher or lower vibrational frequency?

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Reflecting back over the past 24 hours, recall any situations that lowered your vibes? Can you remember feeling angry? Upset? Worried? Frustrated?

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Reflecting back over the past 24 hours, what's raised your vibes? What's made you smile, laugh, or brought you peace or joy?

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Do you surround yourself with high vibe people - both in person and online? Are you able to create energetic boundaries between yourself and those who affect your energy? Are you mindful of unfollowing those who lower your vibes online?

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Do you easily absorb collective negative energies around you, from people, the news, social media? Or do you have tried and tested ways to protect your precious energy?

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Do you have consistent daily practices or tools to draw on that help lift your vibes? Heart-storm any ideas you have below.

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Do you believe in a collective, global energy? What kind of energy are you predominantly putting out into the world?

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What can you do, right NOW, to raise your vibes just a little bit higher?

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Until next time, open your mind, open your heart - and stay curious.

Positively yours,  
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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