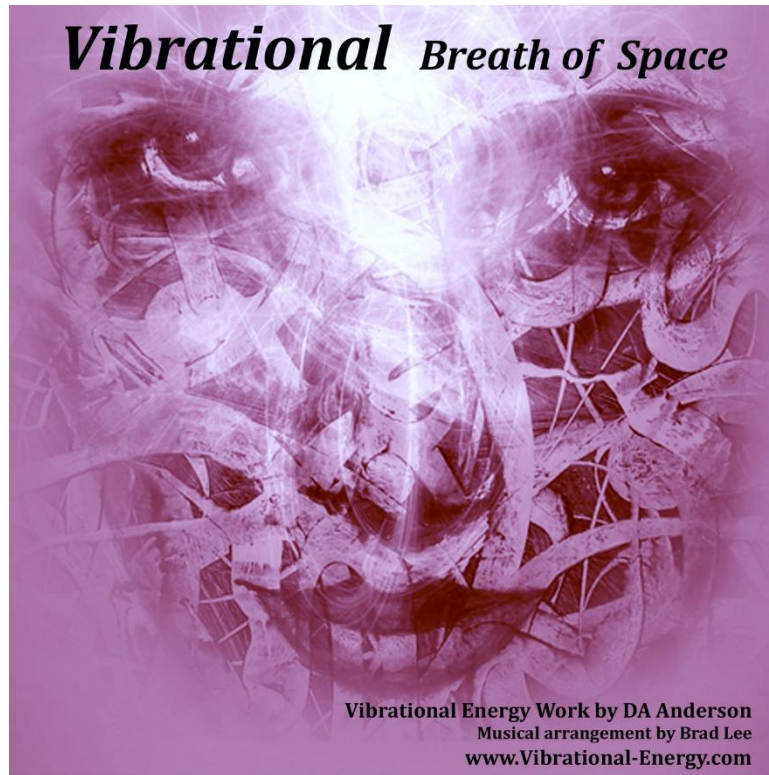


Vibrational Breath of Space CD

Spiritual Workbook/Journal



This FREE spiritual workbook/journal has been developed in conjunction and use of the Vibrational Breath of Space CD created and produced by Debbie A. Anderson. If you have not yet purchased this CD, purchase it NOW by going to <http://www.vibrational-energy.com/vibrational-breath-of-space-cd.html> to purchase a hard copy or for downloadable go to: <http://www.pastliferegressionandprogression.com/products/downloadable-cds/> so you can start your journey today!

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Introduction

When I was first given the direction of this CD by spirit, I wondered exactly what they expected of it and me. But then this is always part of my vibrational journey of discovery when I rest my trust and faith in the hands of the Universal forces I sometimes refer to as God.

Largely with music, it is about enjoying it. 😊 So I truly pray that you do so with this CD. ***The Vibrational Breath of Space*** CD has been created to work on three different intensities to enhance personal healing, your energy and of course, thus touching and refocusing your spirituality.

Vibrational sound is a form of medicine that can heal us on so many levels. Reaching from within ourselves and attuning us to the bliss of the music that has been formed.

In reality, you don't have to do anything more than just listen to it & keep breathing. Let the cells of your body and soul absorb the essence of the tones as they vibrate around your aura and beyond.

The tones and sounds, as they are embraced, converge with us emotionally. Sort of like us saying "hello" to our soul and acknowledging it. Our brain senses and evaluates the sounds and sends signals throughout our body ensuring we "hear" what we are being told with acceptance, so we can start to work on what we personally need to address without criticism or analysis.

When our feelings are not in alignment with our soul, our vibration becomes a little off balance making our energy feel stuck. The frequencies used in ***The Vibrational Breath of Space*** CD connect with three solar planets and their sound or breath to help us to restore our natural renaissance.

The beauty of this CD is it allows your own body to decipher what it needs without you having to mentally do anything. In essence you don't even have to know what is occurring. Just let it be!

Once you stop thinking, and begin to breathe, you remember who you truly are thus integrating to your higher self in lightness and love. This healing connects the body, mind and emotions to create balance and harmony.

The vibration of sound has a positive effect on the energy field surrounding our bodies. The sound waves vibrate through us and accelerate the alignment of harmonic frequencies in a higher dimensional connection.

Whether your spiritual road of discovery is just beginning or you're already on your journey, this workbook/journal has been created to help guide you so you can connect with yourself in honesty and love to experience what you need, WHEN you need it!

The Three Levels

The Vibrational Breath of Space works on three levels incorporating the sounds of three pivotal planets. Each level harmonically attunes the breath consciousness taking you to the infinite vibration of divine connection.

You can listen to the whole CD or three segments. Overall length of ***The Vibrational Breath of Space*** CD is 59.51 minutes. As you listen, take a breath when you hear me taking one. I know that sounds silly, but sometimes we need to be reminded. 😊

Level 1 – Playing Time: 20.02 minutes

Level 1 opens the soul to the breath of expanse and growth. This level connects with the planet Neptune.

Level 2 – Playing Time: 19.54 minutes

Level 2 releases on a cellular level cleansing and recalibrating. We now sync with the planet Jupiter.

Level 3 – Playing Time: 19.55 minutes

Level 3 reconnects the spirit breath to the divine soul purpose where we finally attune with the planet Uranus.

The Three Planets Explained

The three planets chosen from a universe that is full of amazing worlds that surround our planet were because of their significance to the levels of attunement required for **The Vibrational Breath of Space**. Our cosmos holds many others whose sounds are vibrating in ways to achieve more exploratory levels in the future.

Neptune is the planet associated with your spirituality & the mystical that connects you to your intuition by leaving any physical restraints or blocks behind. It is the part of you that dreams the dream that you want your life to be. Neptune can be your greatest source of illumination or the rejection of life challenges.

Neptune is your vibrational connection to your highest power and can clarify what is needed in your universe. It is the desire to merge both the divine and the emotional in a supernatural connection. Once in-sync with this planet you can harness the unseen forces that surround you and craft spiritual blessings upon yourself and others.

Jupiter is your connection to thought and the way you cosmically allow your attention to generate views, feelings and sometimes judgements. It is the reflection of who you are and what you want to be all tied within itself in this moment in time. It is connective to the present rather than the future or past of our being.

It reveals and unravels the spiritual part that you need to see and think about in your vibrational universe. Once we achieve clarity in any situation, we can clear and move forward without astral or physical hindrance. All that is stopping us is ourselves and once we accept that as our truth, then the vibration shares this with our soul and spirit so we attain wisdom and illumination.

Uranus is the unlocking of our unconscious element of the Father, Son & Holy Ghost. It is the maximum power given to us as we receive the authority and sense of a re-birth. It radiates an electric power that has acceptance and resolve in our evolution of change.

It is sometimes known as the God Head of all planets as its brilliance and vibration is connected with the angels who watch over us all. At last you are free and the truth within you belongs to you as you reveal yourself to the world and your divine purpose.

The Purpose of The Workbook/Journal

You can listen to ***The Vibrational Breath of Space*** CD in one session or listen to each level as and when you need and want to. Listen for my breaths within the CD and align your breathing to it. This workbook/journal is so you can write down your thoughts and feelings after going through each level to assist you to re-attune to your own personal harmonic rhythm. There are additional pages for you to use if and when needed. 😊

Preparation of You and Your Space

Before listening to the CD, remember to give yourself permission to take this time away from your day-to-day routine and enjoy, embrace and regain what has been lost or forgotten.

Now find or create a “space” that is yours for this time so you won’t encounter other distractions such as phones, texts, doorbells, pets or other people who may disturb and take away from your time.

Sit or lie down somewhere comfortable to enjoy this CD and let your spiritual body move and respond as you were vibrationally attuned to do.

Before starting, take three deep, yet very gentle breaths into your body and release them with the same gentleness you drew them into yourself. Take one or two more breaths if you feel it is necessary. These breaths work in a calming and restful way to bring you to the attention of what you are about to do. Try to align yourself to my breathing. As I take a breath on the CD, take one also.

Please promise me that you will have no expectations of yourself. That way you can allow what is meant to unfold, happen. The more you force something, the less it appears before you. So relax and let it be! 😊

Journaling

Afterwards, you can, if you want, go to the journal pages and make notes of how you felt, what you saw and hopefully got answers to. Spiritual journaling is a way of recording your journey, nothing more! This should be a way to aid you to go spiritually deeper into your subconscious and express your sacred communication of what it means to you. It is not mysterious, just reflective of what you experienced. 😊

Also, because this is your sacred journey, and you are expressing your thoughts freely without comment or input, keep them out of reach of family, kids, partners, parents, friends etc. If or when you want to “share” is your decision so don’t censor yourself when writing.

Take a few moments to write down how you felt prior to listening to **The Vibrational Breath of Space** CD and how you felt afterwards. Include images, symbols, words or whatever you want to add, this is YOUR journey so make it what you want it to be.

Be creative or artistic. Allow yourself to have the freedom to add whatever you want to put on these pages. After all, this workbook/journal has been crafted for you to find and develop your own awareness of yourself.

Groups

For those of you who are already working in groups for meditative reconnection, **The Vibrational Breath of Space** CD can be used very easily in a group situation. Just work through the explanation of each of the three levels before starting and then give each person a set of the journal sheets to write on afterwards. As a facilitator of your group, you know what they need to do in preparation, so working with this CD is no different. Create your space and enjoy!

About Debbie A. Anderson

Born in England, Debbie A. Anderson is a natural healer who has worked in the magical sphere of spirituality all of her life, where many modalities have evolved along the way.

She is a Psychic Medium who now lives in Canada, and has been doing intuitive spiritual readings for over 30 years around the world. She has also developed Vibrational Energy Therapy which she teaches to others & other Vibrational Sound CDs. She has written bodywork meditations which have been narrated & published by others.

In 2013 she self-published the Vibrational Energy Oracle Deck which is being promoted worldwide both as a physical deck and is also available as a mobile app.

To find out more or connect with Debbie A. Anderson, go to www.Vibrational-Energy.com

