

3 DAY CHALLENGE BY IRIS BAR (Day 2)

WWW.IRISBAR.COM.AU



Introduction

Thank you for choosing to participate in the 3 days challenge.

In order for to fully get the most out of the 3 day challenge, I recommend you follow the suggested applications each day for 3 days. If you are reading this as a PDF, I highly recommend, you print this workbook and complete each section of the workbook accordingly.

The methods that I am offering here are methods that I have personally used for many years and so have my clients. The results have been very positive. The applications are easy, powerful and transformative.

If you feel like you are “trapped” in your own story, in your old patterns and trying to break free from your automatic pilot, constantly being triggered by your own emotion and feelings and constantly feeling tired and exhausted then this 3 day challenge will be very beneficial to you.

Albert Einstein saidn “We cannot solve our problems with the same thinking we used when we created them”. Yet, this is exactly what we do - we keep on doing “more of the same”, we keep on trying to “solve” problems and challenges that arise in our life with the same mind that created them in the first place. We keep on being stuck in our old ways of being, in our old patterns, in our old stories...

These powerful exercises can bring you from a place of being highly reactive in your life to a place in which you are more responsive to your life and to your feelings.

About Iris Bar

My name is Iris Bar. I am a Narrative Counselor.

I know that it is in our strength to choose the way we perceive our life. The way we view our stories. The way we tell our stories, first of all to ourselves and then to others.

We don't need to face a major crisis in order to be able to do this. Our inner stories are always there, whispering in our ear. It is our responsibility and in our ability to choose which story we follow. It begs the questions: Which story do we want to feed? Which story serves us best?

Stories are meaning makers. I believe that through being attentive to our unprocessed feelings, looking and questioning our limiting beliefs, questioning the old stories that we tell ourselves, we can raise our awareness to the ever present possibilities of our freedom to choose. And it is this freedom we are able to face whatever life has to offer us with springs of inner strength, passion and wisdom.

Blessings,
Iris Bar

Disclaimer

This 3 day challenge does not provide medical or psychological advice and you should not rely on it as medical or psychological advice.

You should always consult a medical professional before taking any action linked with your condition. You acknowledge that Iris Bar (www.irisbar.com.au) has no way of knowing your full medical and psychological history and requirements. Iris Bar makes no promise, representation or otherwise in relation to any benefit you may obtain by undertaking this 3 day challenge. No medical professional has been involved in its creation.

Iris Bar is not liable in any way for any loss or damage that you may suffer by undertaking this 3 day challenge or relying on or following any suggestions made by Iris Bar and this includes any direct, indirect, special, incidental or consequential loss or damages arising out of using the applications suggested in this 3 day challenge .

Iris Bar makes no promises that this 3 day challenge will assist you in any way.

Day 2 - linking the feeling and the breathing - a powerful breathing exercise

What you will need for this exercise?

- >10 min ideally twice a day of undisturbed time. If you choose to do this exercise in the evening before your bedtime, please make sure you DO NOT do it in bed as you can easily fall asleep.
- >Comfortable place to sit. If you need support for your back you can use a chair.
- >Water
- >Comfortable clothes that do not press on your belly.
- tissue
- >Phone or clock with an alarm.
- >The working sheets or if you prefer a journal.

How to do the breathing exercise?

- >Acknowledge and invite the feeling that you had identified in day 1.
- >Set your timer for about 12 minutes so you can give yourself at least 2 minutes to feel the feeling in your body. It is very significant in this exercise to tune in to your body and try as much as you can to “leave” the story, the event that evoke this feeling. You are concentrating here in feeling the feeling without the story (this might take time and practice, but it is important that this will be your focus).
- >Set a clear intention before you start breathing. For example “I allow (the name of the feeling) to express itself and fully let go. I am here now.”
- >Start breathing in and out your nose. It is important to keep your breathing rhythmically connected throughout the breathing practice. Breath loud enough so you can hear yourself. The breathing must have a natural flow and not forced.
- >Continue breathing until your timer goes off.

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Pay attention:

Were there specific parts of your body in which you felt something different throughout this breathing exercise? Did you experience any warm sensation in certain areas of your body? Any tingling of hands or legs? Are your hands or feet contacted? Warm flush on your face or other areas of your body? Any shivering sensations? Did you feel your solar plexus or other sensation in the belly area? Did you feel any sensation in your throat or neck?

Describe it here:

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In order to feel a real shift with this exercise I suggest you do it for at least for one week.

Ideally you will continue with this exercise until you feel a shift in the intensity of the feeling that you are working on.

In my third email I will teach you how to recognise and raise your awareness to the subtle early signs that you can use as a guide that can alert you that when you are about to be triggered by your trigger emotion. I will also teach you a powerful 1 min breathing exercise that you can do and use anywhere and anytime that will help you to come back to your point of balance again. This can assist you right in the moment that you feel that you are about to react and not respond to life.