



MYRNA TRIANO

444 FREE TOOL

First, start by getting into a setting that is comfortable. It may be somewhere inside, like your home, car, a nook in the library, etc. Or it may be outside, in a park, the beach, underneath a tree, etc. Anywhere you feel safe. Also, you may bring something with you, your favorite comforting piece. It may be a crystal, doll, truck, pillow, or that model you built you were so proud of making and creating. It may be the very first image of what makes you happy; not anyone else's version of happy, yours (only you know this). It may even be an animal or pet. Now close your eyes. Sense yourself feeling limitless, beyond all labels (i.e., employee/employer, sibling, parent, etc.), beyond all systems (i.e., school, work, religions, etc.) and beyond the environment you were raised in. Go to that blissful place you have imagined of in full screen. You might begin to see a vivid imagery of colors you have never ever seen before, "or maybe you have?"

If you are not visual, sense what you feel. Is there a tingling or warmth in your gut, belly, or heart? It is different for everyone. Open your senses as you let go of the worldly limits. Your body will start to meld, relax.

BREATHE

Place one hand on your chest and the other on your belly. Breathe. Take a deep breath in through your nose for 4 seconds, hold for 4 seconds, then release out of your mouth for 4 seconds (Stinson 2018). 444 is an amazing angel number, see the works of Matt Beech, cited at the end, to learn more.



FEEL

Once you get there, do you feel the warmth, or cold? Cold is higher vibrations from the realms. Do you feel their embrace? Do you smell that familiar scent, that releases that tension on your jawline to smile as you are breathing? Some will see the light; some will see that beautiful waterfall garden with fantastic colors of butterflies. What you see is your world, you can create this, you are a creator. Stay with me until you are not thinking of anything but the place you are in this moment, present. You are a gift to yourself. Dive into it, cry it out, shed it out, scream it out you are safe, in this breathing.

You are you; you are love, you are amazing, you are safe, you are who you are always meant to be. You are releasing hinderance from your ancestor's trauma that they themselves could not do. So now you are to go there and be the one that can speak for them, release it all. They only knew what they were taught

“YOU are heard, YOU are a divine being of eternal light and unconditional love. YOU got this!”

Release the breathing come back, hug yourself, believe in yourself. Try to breath every day. Start at 10 minutes, then 15 minutes, if you skip days it is okay. It takes 21 days to create a habit you have never ever done before. This may at least take 14 days to notice a difference. This is a gradual change. Be gentle with yourself.

In time you will be awakened to conquer and reveal the best version of yourself.



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REFERENCES

THE MEANING OF 444:

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BOX BREATHING:

STINSON, ADRIENNE. “BOX BREATHING: HOW TO DO IT, BENEFITS, AND TIPS.” MEDICAL NEWS TODAY, MEDILEXICON INTERNATIONAL, 1 JUNE 2018, [WWW.MEDICALNEWSTODAY.COM/ARTICLES/321805](https://www.medicalnewstoday.com/articles/321805).