



CHELSEA DOOLITTLE

THE SACRED YES BREATH

A BREATH PRACTICE FOR RECLAIMING YOUR - POWER, PRESENCE, AND INNER KNOWING

BY CHELSEA DOOLITTLE – EQUINE GESTALTIST™ & MINDPOWER COACH™

There are moments in life when we feel frozen, overwhelmed, or unsure. Our body tenses. Our thoughts spiral. We hold our breath—literally and emotionally.

The **YES Breath** invites us back.
Back into the body. Back into safety. Back into trust.
It's a simple but powerful practice to help you:
- Reconnect with your intuition
- Regulate your nervous system
- Say YES to what's true, real, and right for you

HOW TO PRACTICE THE YES BREATH:

1. Pause.

Find a quiet moment. Sit or stand comfortably. Gently close your eyes if you feel safe to do so.

2. Place one hand on your heart (and the other on your belly - optional).

Feel into your body. Notice what stirs, what is present.

3. Inhale slowly through your nose.

As you breathe in, silently say to yourself: "YES"

Let the word fill your whole body—not just your lungs.

Say - **Yes to your presence. Yes to your power. Yes to this moment.**

4. Exhale gently through your mouth.

Release what no longer serves you. No force. No pressure. Only a soft letting go.

5. Repeat for three full breath cycles.

With each inhale, you're energetically saying yes to life, to alignment, to your inner knowing.

With each exhale, you're energetically letting go of resistance, tension, or doubt.

 You Can Use the YES Breath 

Before making a decision

When you feel emotionally triggered

Before entering a difficult conversation

While with your animal partner, letting them feel your calm

As a daily reset ritual

🌟 A SACRED MANTRA TO ANCHOR 🌟

“I SAY YES TO MYSELF.”

“I SAY YES TO THE COURAGE WITHIN.”

“I SAY YES TO THE TRUTH UNFOLDING WITHIN ME.”

♥ A DAILY INVITATION ♥

PRINT THIS AND KEEP IT NEARBY

- AT YOUR BEDSIDE, IN YOUR JOURNAL, HANG IT ON THE MIRROR, IN THE CAR..

“YOU ARE ALLOWED TO RETURN TO YOUR BREATH.”

“YOU ARE ALLOWED TO SAY YES TO - YOU.”

“YOU ARE ALLOWED TO HEAL.”



Chelsea Doolittle