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PREFACE

I met Kawena almost five years ago.

She struck me as an amazingly happy and energetic wise lady, who certainly walked her talk.

I could feel the belief in herself and her simple happiness radiated through her twinkly eyes.

I wanted to be like her! In a few minutes of a chance meeting I was on a personal happiness journey.

Kawena has fulfilled her own dream by writing this book and you will fulfil yours by becoming a much happier person if you embrace her words.

Let's fly with Kawena.

Lydia Caplygin
Group Advertising
Manager

PRAISE FOR HAPPINESS IS JUST A BREATH AWAY

As the Managing Director of a multimillion dollar business in the natural health industry, I have been searching for ways to smell the roses. I found Kawena's book "Happiness is Just A Breath Away" just what I needed. It is short, concise and to the point. Best of all it took me only hours to read. I suggest you put an hour aside and just read the book!

Cameron Monley – Gold Coast, Queensland.

www.magneticexperience.com.au

"Happiness is Just A Breath Away" – What an inspirational book – from the first page to the last. This handbook gives you a positive, enthusiastic and renewed approach to thinking. A truly helpful book for everyday living.

Tony Tirado Director PPC Australia

For the young, for the elderly, for every person on this planet this book has simple and practical activities in every chapter that will inspire and invigorate your life immediately. A must read for anyone wanting the most out of life – simply!

Tracey Stranger

Director & Author Essential Health Australia Pty Ltd

HAPPINESS
IS JUST
A BREATH AWAY

INTRODUCTION

THIS WORKBOOK
IS WRITTEN IN A
VERY BASIC AND
SIMPLE WAY
TO HELP OTHERS
UNDERSTAND HOW TO
TAP INTO THE INCREDIBLE

POWER
OF THE UNIVERSE

BY RAISING THEIR
OWN LEVELS OF
ENERGY

AND IS A

CULMINATION
OF MY OWN
EXPERIENCES
DURING A LONG LIFETIME
=80YEARS=
OF TRIAL AND ERROR
AND WALKING
MY OWN TALK.

Out of the many classes I have attended and the reading and information others have shared, I have chosen certain steps to follow and you can be sure that anything I recommend I have practised.

WE ALL HAVE LIMITLESS POTENTIAL

It is so sad so many of us never reach it.

Also, so many of us never ever realise what our true talents are, and when we do understand what our talents are, we are too fearful to put them out there

WHAT A WASTE TO THE WORLD.



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**Come to www.expandingenergies.com.au
to receive your copy of:
Confidence Affirmations by Kawena**

The need to encourage each other in this direction has never been more important or more available.

It's time to share, teach and guide others to what we have learned in a big way.

We are fast becoming more aware of our own greatness and potential, so open up, be brave, the age of information is truly here, there is so much to hand and so many opportunities to learn and put that learning into action.

By spreading our knowledge and talents across the planet much more satisfaction and happiness comes to us.

SHARING AND CARING IS ANOTHER KEY TO HAPPINESS, IT ALWAYS HAS BEEN.

But we are now becoming more aware of our own possibilities and potential.

So open up, be bold and begin to go forward.

WE CAN DO IT; IT JUST TAKES THAT FIRST STEP.

BREATHING
IS
ABSOLUTELY
THE MOST
IMPORTANT
THING
YOU WILL EVER
DO IN
YOUR LIFE!!

THE

BREATH

OF LIFE.

Oxygen is the MAGIC MEDICINE that activates and re energises every cell, nerve ending and chakra in the body.

It also revitalises our natural chemicals and immune system.

What's more, it gives us the power to focus more clearly.

AND IT'S FREE!

So it makes sense to value it and learn the deep breathing techniques.

THE OXYGEN STORY

It wasn't until I turned about forty five that I became aware of the magic of quality breathing.

The family had all grown up and left home, and like most of us at this stage of life I felt the need deep down inside to fill the void that was left in my life.

This is a time in most of our lives where we feel a need to be creative in a different way. We go through thinking, "What will I do for the rest of my life?"

Some of us wonder "what are my talents?" And sometimes a little pity partying goes on where we feel nobody needs us anymore, and if we let it, it can be quite depressing.

However after a while I looked back at when I was very young and wondered what I would have done had I not married at an early age and then remembered my greatest desire was to sing and act.

Commonsense those days suggested it was too late to be a singer, and don't make a fool

of yourself. Those days the closest thing we had to a karaoke machine was this incredible modern machine called a tape recorder, almost obsolete now.

Wow! Was I excited.

A whole new world was about to open up. I found I could carry a tune, had good rhythm, but I wasn't overly impressed.

One day I was browsing through the local paper, yes, we did have The Bulletin then, and quite by accident an advertisement jumped right out at me, singing teacher available.

Bingo, along I trot and knocked on the door of her home and saw this very young woman, named Tricia White, standing there and almost changed my mind. However having got this far I couldn't back out.

I was very shy in those days, believe it or not, but managed to ask, "Can you teach older people how to sing?"

Laughing Tricia said, "If you can talk and breathe, I can teach you how to sing."

From then on I was to learn that the key to producing good singing and voice production relies on deep breathing and how to control it.

THAT'S NOT ALL I DISCOVERED!

After months of practicing quality breathing I found that by drawing in all that extra oxygen:

- My body began to heal itself
- My energy rose dramatically
- My mind became more focused
- And I could think more clearly.

AND ALL THIS BECAUSE I WANTED A HOBBY.

Then as usual I went searching for information. In came books on breathing and I learned heaps about oxygen and its' magic healing properties.

Looking back now I think it's amazing how well most of us cope with life while only shallow breathing. Like the old saying goes, if I only knew then what I know now.

However it is true that wisdom comes with experience.

I am so happy I learned it at all or my life wouldn't be the magic it is.

THE MAGIC OF THE =BREATH=

Deep breathing is necessary to help us relax and still the mind. We automatically strengthen the immune system, when we draw in extra OXYGEN and provide our bodies with more energy to work with.

Because our brain becomes more energised with the extra OXYGEN, we can make clearer decisions and connect much easier with the creative side of the brain.

Even students find study and exams are a lot easier to cope with as all energy levels are higher and focus is much clearer.

MY

FAVOURITE
AFFIRMATION IS

EVERY

DAY IN EVERY
POSITIVE WAY

I AM

BETTER

BETTER AND

BETTER

This is an old affirmation, Quoted by Emile Coue.
The original saying did not have the word positive.
One day at the end of a meditation, the thought
popped in that we can even be better and better at
being negative. So now I always include that extra
word, positive.

A FEW POSITIVE
AFFIRMATIONS
TO HELP YOU
KEEP GOING
FORWARD
CHOOSE THE ONE
YOU NEED AT THE
TIME

Constant repetition can help keep your mind flexible, active and pointed in the right direction.

I now have the courage
to believe in myself.

From this moment on
I will not waste
today's energy
on the
negatives in my past.

ANOTHER VERY SIMPLE, RELAXING MEDITATION TECHNIQUE.

If ever you become giddy, stop immediately.

In this exercise we will be breathing in through the nose and out through the mouth.

Sit or stand straight, shoulders dropped, head balanced.

Now take a long slow, deep breath to the count of seven, hold for the count of five and let go slowly and deeply to the count of seven.

REST

If you are on your own it is even better on the out breath to make a strong sound ha-a-a-a-a-a-a and when you hold the breath, think to yourself, "I am releasing all stress and tension, I am peaceful and calm".

Repeat just five or six times and you'll be amazed at how much lighter and more focused and relaxed you will be.

IN OUR
MEDITATIVE STATE
OUR IMAGINATION
HAS
UNLIMITED FREEDOM
OF
EXPRESSION.

Edgar Cayce

BEING COMFORTABLE IN THE MEDITATIVE STATE

Lying down is fine as the spine automatically aligns itself.

When taking classes I like to let the students know to keep the spine straight but only as far as is comfortable. There's nothing worse than seeing someone sitting rigid as a ramrod, we must be relaxed to meditate successfully.

My favourite seat is an office chair – I advise everyone to get one even if they have no office.

“They are Magic”

You can have them high or low as you like. A small one is best. Just make sure you have one with a lumbar support. When sitting up it is also good to have your hands open and back into the creases of your thighs.

You'll find your wings (shoulders) automatically go back, the lungs open up and the breath flows in much easier.

The office chair in my opinion gives us greater comfort, support and relaxation. For those who love to sit on the floor I advise you to invest in a meditation cushion. They are low at the front and higher at the back. With the buttocks being higher than the knees your spine is automatically aligned and comfortable.

HAPPY MEDITATING

Comfortable alignment is the key.



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www.expandingenergies.com.au/audio_cds.html

Kawena's Meditation CD's for beginners and experienced:

***Meditation Made Easy**

***Meditation Made Easy for Children**