

Improve Your Breathing & Subliminal Message

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Synopsis

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Improve Your Breathing - Breathe Fully & Deeply with Subliminal Messages.

Seven powerful recordings, each 10 minutes long, containing thousands of embedded subliminal messages designed to help you reach your goal. This recording contains the following subliminal affirmations:

- I am focused on proper breathing
- Proper breathing gives me energy
- I focus on breathing deeply and fully
- Breathing deeply brings me peace
- I inhale and exhale with a real sense of purpose
- Each breath nourishes me
- I am more focused because of my breathing
- I breathe deeply and easily
- Breathing gives me strength and courage
- My breathing is improving every day
- I am more in touch with my body when I breathe deeply
- Proper breathing is easy for me

To use this recording, simply hit "play" and listen. You can also listen on repeat in the background if you desire.

For full listening instructions, visit: www.subliminalguru.com/listen

To learn more about this audio, look it up in our catalog at subliminalguru.com/catalog

To learn how subliminal messages are embedded into this audio, visit www.subliminalguru.com/subliminalanatomy.pdf

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