

Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY
HABITS TO MOVE FROM SURVIVAL
MODE TO CALM, GROUNDED LIVING



Module 9:

Lesson 1. Know Thyself &

Conscious Connected Breathwork (CCB)



Module 9:

Lesson 1. Know Thyself &

Conscious Connected Breathwork (CCB)



What is CCB

- Connected inhale/exhale
- Deep emotional + nervous system work
- quiets the thinking mind
- surfaces emotion + insight
- expands the window of tolerance



The Ego (Psychological Self)

- seeks predictability
- resists unfamiliar
- breathwork softens its grip



The Ego (Psychological Self)

- seeks predictability
- resists unfamiliar
- breathwork softens its grip



The Ego (Psychological Self)

- seeks predictability
- resists unfamiliar
- breathwork softens its grip



The Ego (Psychological Self)

- seeks predictability
- resists unfamiliar
- breathwork softens its grip



The Ego (Psychological Self)

- seeks predictability
- resists unfamiliar
- breathwork softens its grip



The Brain in Breathwork

- reduced cognitive control
- increased emotional processing
- new neural patterns possible



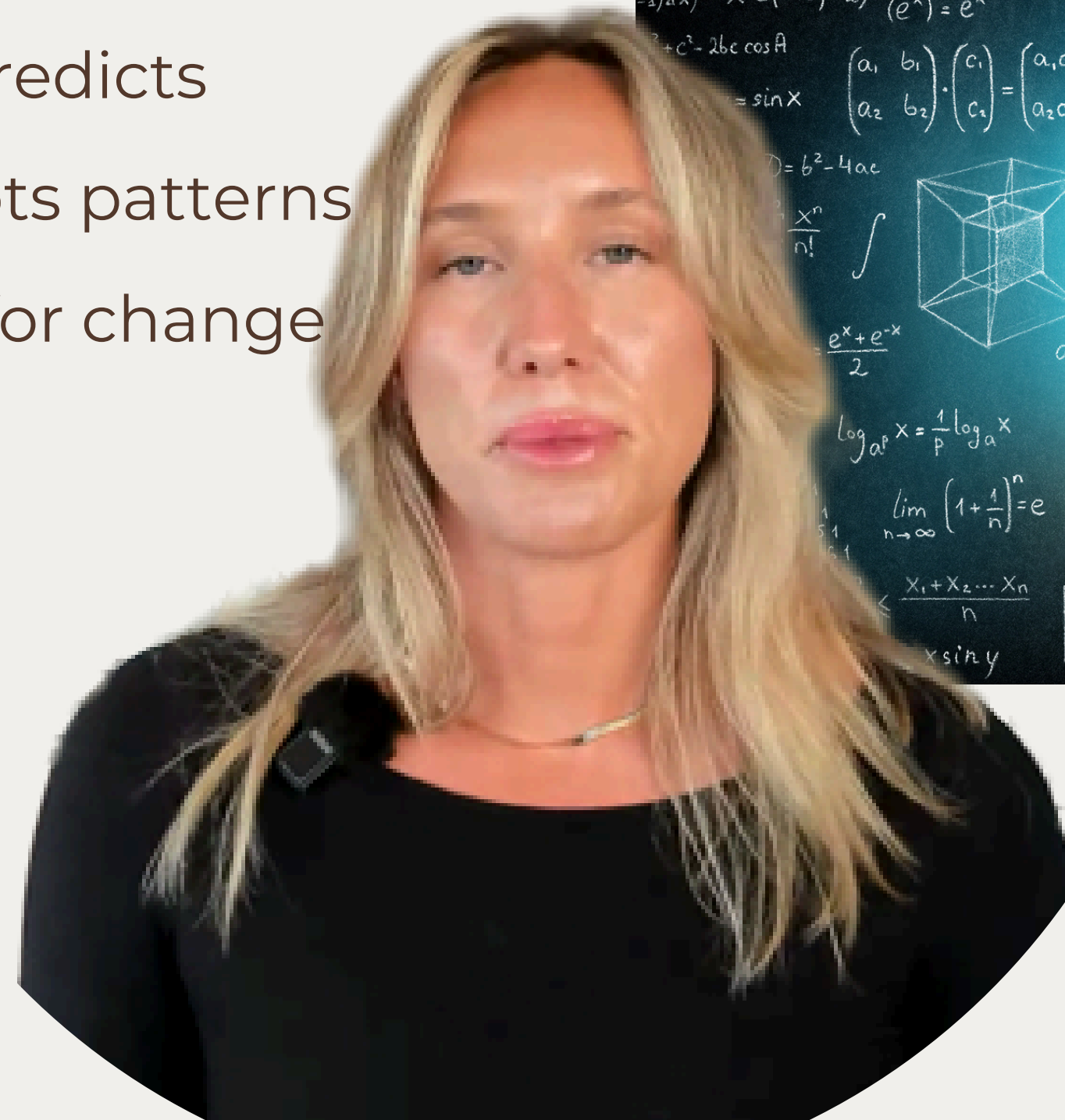
Jungian Shadow

- suppressed parts of self
- breathwork brings integration
- not overwhelm, but healing



Predictive Coding

- brain constantly predicts
- breathwork disrupts patterns
- creates openings for change



Nervous System Lens

- increased signal clarity
- deeper self-awareness
- emotional truth emerges



Key Takeaway

- Breathwork (CCB) - transformative
- safe intensity + insight
- stay curious
- deep inner work



Support the ego, do not fight it

- creating a new familiar
- supporting the ego



Summary

- what ccb is and how it affects our body and brain
- how ccb affects our sense of self
- how it can strengthen neural pathways
- quiets the mind
- stress release (increase of window of tolerance)



What Comes Next

- **heartbeat sensing**
- **emotional labeling**
- **shadow work meditation**
- **inner child integration**
- **full breathwork journey**

