



Revive with Rach



Self Revival Guide

Rediscover Your Power + Reclaim Your Life



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Intro to Self Revival

Revive : To restore life or consciousness. To give new strength and energy.

Self Discovery is your birthright. Self Revival is a choice. Many of us live our lives on autopilot, going through the motions. At some point, curiosity, life circumstances or a serious wake up call happens. I don't buy the notion that we're here to consume, pay bills, and die. I know in my soul we're meant for more! So, we get the call, and then we get to choose...evolve or repeat?

I choose evolve, and want you to know that you can too. If you're not ready yet, that's ok! When you are, know that within you lies the ability to connect with the past, present and future self you want to be. At any time, you can choose to repeat old patterns for the same results or choose a new path.

The longest relationship you'll ever have is with yourself, so why not invest in you?

Whether you're healing past trauma, going through a life transition, or simply want to understand yourself on a deeper level, you have the power to transform your life.

In this guide, you'll learn 5 simple, tried and true tools to incorporate in your daily life. These tools will provide you actionable ways to reconnect to your higher self, tap into your inner energy, and fully claim your power.

5 Revival Tools

1. Sacred Space

Having a safe space is foundational to this work. It doesn't have to be big or fancy, but it does need to be a place where you feel free to be yourself. Whether it's with a coach, guide, or solo, 10 minutes in the morning in a ritual space where you can laugh, cry, rage, and just feel however you feel without judgement or affecting anyone else. With practice, it brings a level of true psychological safety into the nervous system to be with yourself. This creates an inner ecosystem of safety which creates a container for healthy energy awakening.

Your space is all about what resonates with you, but here's some ideas that can add to the cozy factor for lying down and being seated.

- yoga mat
 - floor cushions
 - pillows/bolster
 - candles/lamps
 - special pictures
 - flowers/plants
 - blanket
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2. Breathwork

Breathwork includes many modalities that have been used for centuries for spiritual awakening, self healing, and body/mind benefits. Western Science is now starting to catch up, proving that our breath is the bridge between the conscious and unconscious and that breathing for as little as 5-25 minutes a day can literally reprogram your whole nervous system, relieve stress, anxiety, chronic pain and much more. It's just like going to the gym to workout and build muscle which eventually becomes habit over time. You're building the 'muscle' and capacity of your breath which has a ripple effect on everything.

The key to the effectiveness of breathwork is that it's somatic, in the body. You begin to learn how to go beyond the intellect and into the deeper wisdom of the body.

There are many different ways to practice breathwork. If it's your first time doing the circular connected technique, I recommend doing guided to start. Due to the potential of altered states and emotional release, it's important to be in a safe container. An experienced guide will hold you safely through any breakthroughs or trauma releases that may occur. I offer 'Discovery' sessions for those new to this work where you'll get all the background, science, and structure you need for an experience that will likely change your day and may change your life. You don't need

to have prior experience doing breathwork, just an open mind and ability to lay on the floor and breathe.

3. Mindset

“Once your mindset changes, everything on the outside will change along with it.”

In my experience, the 80/20 rule applies here. Somatic practices (like breathwork) are key for the 80% of retraining body awareness and experience, while 20% is also important for reprogramming the mind. We often forget how important a growth mindset is when it comes to living our best lives. Life happens, we get stressed, and with the best intentions, we fall back into old habits and stuck in outdated mental stories. Now, utilizing the latest findings in neuroscience, we can take simple, effective and proven steps to rewire our brains to optimize attention, stay calm, and shift out of negative thought loops to more useful mind states and a more positive outlook. Neuroplasticity. It's a game changer!

The practice is called Notice - Shift - Rewire

This practice is based on Hebb's Law - **“Neurons the fire together, wire together.”**

A) Notice : Notice your negativity bias. Catch yourself when you slip into fear, self doubt or mental looping. This will open up space for new neural pathways.

B) Shift : Now you can shift your focus of attention to flood this newly opened space. A few seconds of gratitude has been shown to have incredible results and is the most efficient way to do this. Think of one thing you're grateful for right now...your family, health, talents, etc.

C) Rewire : here's where the real work begins. Neuroscientists call this part “savoring”. It takes 15 seconds to stay with this new mindset to encode it deep into the fabric of your mind. Pause and breathe into it, and allow it to settle. This is the switch, the transformation from old negative patterns to positive new ones.

The best part about this practice is it's time efficient, portable, and powerful! It takes less than 30 seconds, you can do it anywhere/anytime, and you'll begin to experience an immediate shift in your mindset. As you make this shift, everything changes. You remember your purpose, your connection to others and yourself, and face life with a renewed optimism.

“The most important decision we make it whether we believe we live in a friendly or hostile universe.” - Albert Einstein

4. Journaling

This practice is often taken for granted. It seems so simple and yet, it's challenging to actually do (I struggle with this one too) . So, my invitation is for you to let your journal become your best buddy for the next 30 days. Don't put pressure on yourself to write a certain amount, that doesn't matter. The important thing is that you write something, and you're consistent with it for this time period so that you've got a reference for any changes in your experience. If you're stuck, write something that comes from your heart, or a few sentences about how you feel. And don't judge yourself! It can be visions, colors, thoughts, feelings, dreams, anything! There are no limits or rules. You can journal anytime, but it's helpful (and can feel easier) after a breathwork session as you're already in tune with your emotions/feelings and in a more receptive state.

This is a sacred practice just for you and your journey. Below are a few journal prompts that may help you get rolling.

- What are you passionate about?
 - What comes naturally to you?
 - What's one of your favorite childhood memories?
 - What activity allows you to lose a sense of time?
 - What is your secret dream?
 - What frustrates you most in the world?
 - What were you like as a child?
 - If you could start a career again, what would you do with your life?
 - What is your soul calling you to do right now?
 - What are you going to do about it?
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5. Movement/Play

The amount you can learn about yourself as an adult from moving and playing is priceless. Unfortunately, as we get older, we get busy and can forget to move our bodies and enjoy playing just for fun. Let's switch that up. You feel me?!

Start by adding in 20 minutes of non negotiable movement and/or play into your day. For example, have a dance party, play in the rain, make snow angels, run along a beach, sing along to your favorite music, there are endless options!

If you're not sure where to start, I got you. Here are some journal prompts to get you going.

1. How did you play as a child? Or want to?
 2. What type of play or activity brings you joy?
 3. What would you enjoy doing for fun if no ones was watching?
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Your Daily Self Revival Practice



And hey, remember, you don't have to go it alone! This is so often the last thing people do (I'm talking to myself here too) which is to ask for help. We get caught up in the "I can do it myself" mindset which let's face it, needs to go bye-bye. The reality is we all need help, so remember there are people who can help you get to where you want to go faster and in a way that resonates with your path and timeline.

We gotta remember that humans are hardwired for connection. We're not freaking machines! We are emotional beings, so our physical health is interwoven with our emotional physiology. Needing help does not make you weak or minimize your efforts or success in any way. It is not selfish. You have to prioritize your well being in order to show up fully for others. You have to put on your oxygen mask first.

Oftentimes, our biggest breakthroughs come from being seen, heard, and supported by another individual.

Ask yourself, what type of support do I need to feel alive and thrive?

1. My intention for my self revival practice is:
2. The self revival tool I'm using today is:
3. In my self revival practice today I (write what occurred for you):
4. My biggest takeaway from today's self revival practice way:

Your Self Revival Process



Unlearning old stories and relearning who you are underneath it all takes time. It takes patience, consistency, and compassion, especially for yourself. Learning to let go of the 'goal' oriented mentality and appreciating the process of growth as the 'point' is in and of itself, a process :) But what other option have we got, right? I don't know about you, but I'd rather spend my life learning and growing than staying in the same place and stuck in a rut on repeat. So, give yourself a break!

Nobody's got it all figured out. We're just doing our best and learning along the way!

Give yourself permission to be where you're at and start to view life differently than maybe you're used to...Allow your feelings and all the things to be what and where they are without judging yourself or making up a story...

What if you started to shift your mindset from thinking "life happens TO you into "life happens FOR you?" (this was a big shift for me!)

Allow yourself to take alone time when needed. I strongly recommend blocking off some me-time daily to ensure you are committing to your self revival journey.

A reminder if this all starts to feel like a bit much. Trust yourself. It doesn't have to be the same thing every day. That's the beauty of it! When you wake up in the morning, check in with yourself...feel into your body...ask yourself which tool feels best for you that day.

Your body has innate intelligence and wisdom, but we can only tune into this wisdom when we slow down and listen. When we're present. If this sounds strange and new, that's ok! Let your body speak to you (and know this also takes practice). Give yourself permission to take the time you need to learn and lean into this. It's not about being 'good' at it or doing it quickly. It's about honoring where you're at (we're all different) and giving yourself space to learn and grow.

You wouldn't scold a baby for falling while they're learning to walk, right? Well, why would you judge yourself for not 'getting' a brand new skill right away?

Once you're present and grounded, choose the tool that feels right and go for it. You can repeat this process anytime throughout the day to tap into your needs and desires.

The point of this process is to remember. Remember who you are beneath all the crap that life and adulting layers on top. To remember your interconnectedness to nature, others, and yourself. To remember we were born with a knowing, intuition, and intelligence in our bodies. Then life happened, trauma happens, and in this craziness and fast paced world, we got disconnected from our true nature. We stopped living from our hearts and got stuck in our minds. This process will help lead you back home, to balance your nervous system, get rid of outdated beliefs, and step into the life you were meant to live.

Let's do this!

xo

Revive Wellness : Connected Breath & Bodywork

Have questions? Reach out!

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