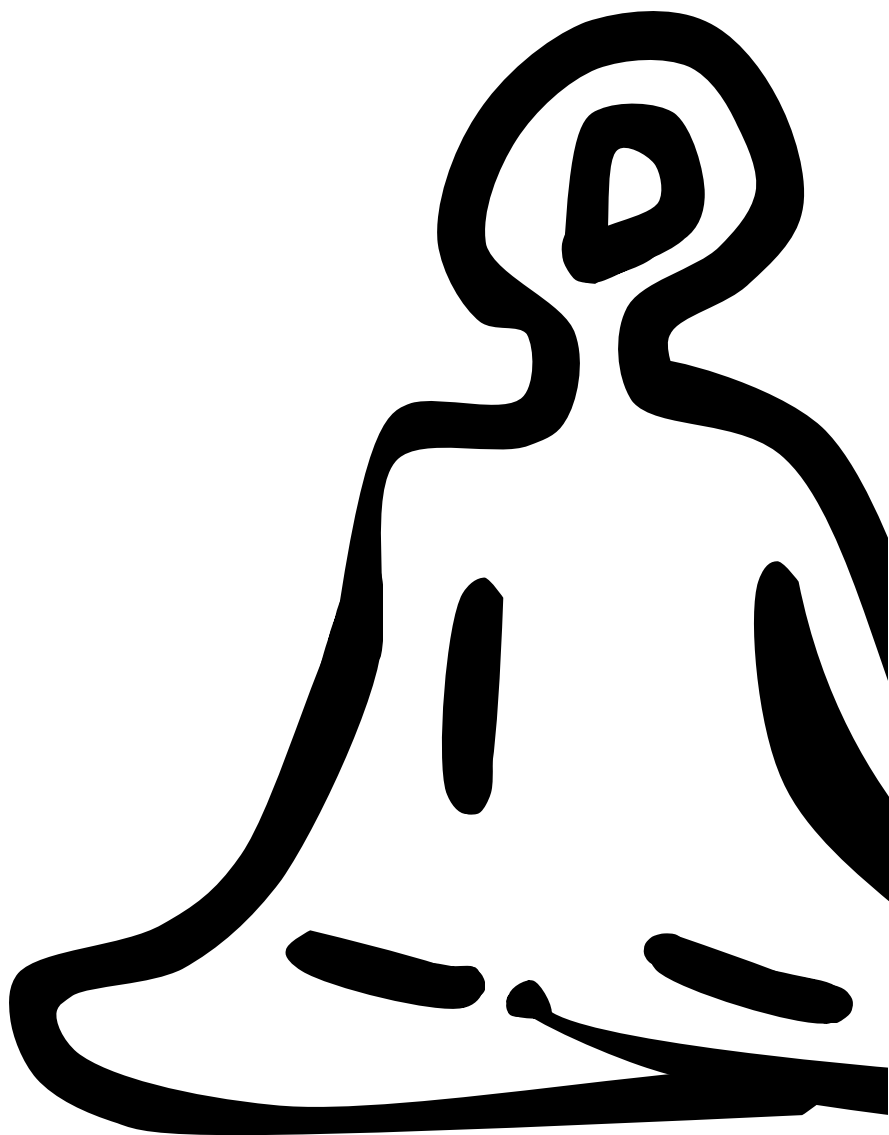


JULIA BALASSOPOULOS



FEEL IT FULLY

IT'S TIME TO FEEL.

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A POEM. A PRAYER



During the process of writing *Feel It Fully*, I stumbled across a woman writing free poems while walking down Brunswick Street in Melbourne. I asked her to write a poem in the form of a prayer—a prayer that this book would reach the people searching for it.

This book was meant to find you.

*“Letter by letter, word by word, I tend to
The message within me, which I’m sure came
From the stars above. Like lightning, may
This story be captured, in ink and bottle.
And once it’s printed in full, may it reach
The people searching for its missive.
May its petals find their places on
Life’s forest floor, that traces may be
Left for all to come across.”*

— **Kimberly Wenya**

FOREWORD **MY INTENTION**



In 2020, I read a book called *The Artist's Way*. It completely changed my life. It inspired me to write this one.

You could almost say that this is *The Artist's Way* of nervous system regulation.

It's important for me to acknowledge that I wasn't raised by a shaman. I didn't grow up in India, where meditation is widely practiced and known. Or with an indigenous tribe, where connection to Mother Nature was central to their culture. I haven't been a monk, nor been blessed by a holy person, (well not that I know of anyways).

That's not how I found my way to breathwork. I won't pretend that I understand the pains or the depth of these cultures.

Though I also know in my heart of hearts that not being from a specific lineage doesn't make me—or you—any more or less worthy of touching this wisdom. Of teaching this wisdom.

The Buddha didn't preach or teach Buddhism.

Jesus didn't preach or teach Christianity.

For me, at least, this isn't about following a trend.

It's deeper than that.

Pain was my teacher.

Pain forced me to go within. The voice within me told me to breathe. So I did. And now, every waking hour of my life since has been dedicated to asking: how can I touch more people with this wisdom.

I don't care who you are. Where you come from. We all have a breath. Which means we all have a right to connect to it. Everyone can meditate. And if you are alive, you have something valuable to teach, to share, and to help another.

Since finding breathwork, I've been studying and embodying functional breathing for the past five years (2020-2025). I've done courses, sat in vipassanas, taught in every studio you can think of in Melbourne, I have hosted 10+ events with emerging artists, facilitated in front of 400+ crowds, hosted courses, trained facilitators, and helped thousands connect back with their breath.

I've sat in tea ceremonies, explored alternative ways of moving (primal moves, fighting monkey), been an active minimalist for the past five years, completed water fasts, and experimented with sleeping only on a yoga mat for six months.

I have a deep understanding of the intersection between the function of the breath and its use in expanding our consciousness—not just using the breath as a performance metric. I have endured chronic physical pain I never thought I could survive. I've felt it all the way through and alchemized it into beautiful creations. I have overcome the victim that lives within, time and time again.

Over the past two years, I've sat in meditation, digesting and living this concept of Feel It Fully. Every word you read has been channelled through me with the deepest intention.

Why am I saying all this?

It's because these words are coming from someone following an instinctual, insatiable curiosity for life.

Embodiment is a natural byproduct of this curiosity.

Through heartbreak, being kicked out of home, building a business, and going broke, over & over again, I want to thank whatever it is that has protected me...

For I don't know if I would still be here if I hadn't been constantly pulled back to meditation.

Back to the breath.

When this book is published, may it reach all corners of the universe and create a butterfly effect of mass awakening.

I dream of a world where people—especially our leaders—lead from a place of love with themselves, the planet, and each other.

PART I THE PHILOSOPHY



CHAPTER 1 RESISTING. AVOIDING



THE WESTERN ILLUSION

What if there was nothing broken or wrong with you? what if you didn't need healing?

It's pretty clear that the world suffocates us with messages of not-enoughness—messages that immediately suggest we are broken, in need of fixing, and not yet complete. This modern world has simply tricked us into believing that not only are we incomplete, but that the solution to this so-called incompleteness is more things, more money, more status, more of whatever is being sold to us. In the process, we've forgotten that we are multidimensional beings who expand far beyond the material. You're already a billionaire, you're alive. Ironically it's only when you live in this knowing, that material wealth also follows.

The Western wellness industry has also played its part. Our very nature—what we are and always have been (spiritual)—has been turned into something to obtain externally. All the bells and whistles can be fun, but they often distract us from the real work. In my observation, the performance of wellness dilutes the depth of actually living well. It also creates separation. You're not more connected or spiritual just because you look the part.

THE ENVIRONMENTS THAT SHAPE US

It's safe to say that we are more confused than ever.

We've been forced to compress our expansive nature into systems and structures that don't encourage multidimensional thinking—how we live, work, and even play.

To cope with living in a society that doesn't allow space for us to fully feel, to fully be, we numb. We distract.

We avoid.

The suppression of emotion doesn't just affect individuals—it creates the perfect breeding ground for larger dysfunctions to flourish: war, exploitation, abuse, and violence of all kinds.

So it's worth asking—why would a governing system want to distract you from fully feeling and embodying who you are?

Because if you realised how powerful you truly are, if your energy wasn't constantly being manipulated, you wouldn't be so easy to control.

Growing up in Australia and attending Catholic school—both primary and secondary—I was never taught how to feel. I wasn't taught how to regulate my emotions or how to use my body as a vessel to connect to the source within. I vividly remember the discomfort of being sent into a confession box, speaking through a curtain to a strange man, listing the things I needed forgiveness for.

Even now, it sends shivers down my spine. I know I'm not alone in this experience—billions of people have passed through similar systems.

I don't say this to position you as a victim—that's not my intention—but it is important to recognise the environments and conditions that may have contributed to the suppression or avoidance of feeling.

WORSHIPPING FALSE IDOLS

Over the past five years of teaching breath and meditation, I've observed something fascinating. In traditional schooling systems, if you didn't show up or do what you were told, you were condemned. This conditioning often extends into religion, spirituality, and even personal development.

While teaching a course I used to run called *The Fundamentals*, I noticed people projecting the same authority dynamics onto me that they once had with teachers or priests—believing that if they didn't practice “correctly,” I would judge or condemn them. It made me deeply uncomfortable.

Worshipping or placing anyone on a pedestal is dangerous, and I believe it's a major reason people resist feeling—or, more accurately, resist connecting to the higher intelligence within themselves.

When we believe someone else is more special, more connected, or more powerful than us, we create separation.

Making someone else your god instead of recognising the god within you strips you of your power.

You might think, They have something I don't, and start believing you need to become like them or go through them to access truth. But the moment we think we need an intermediary to connect with life, spirit, or ourselves, we give our power away.

What inspires me most is showing people that feeling it fully can lead them directly back to the internal source they believe only others can access—because they're more famous, wealthier, or perceived as more powerful.

That source has always been within you.

CHAPTER 2 MY AWAKENING



There have been two pivotal moments in my life where I realized not only that I was capable of feeling an emotion fully, but that it was far more accessible than I had imagined. Surprisingly, neither involved any conscious effort, technique, or method. It was the letting go of trying—the release of resistance—that allowed me to feel. And in turn, it completely shifted my perspective on what it means to “practice” meditation or breathwork.

THE FIRST AWAKENING

The first awakening happened during a Vipassana meditation course. For those unfamiliar, these are silent retreats where you cannot speak, make eye contact, read, or write for ten days. I did mine in 2020, right before COVID hit. A friend recommended I go after a breakup, and in classic Julz style, I didn't bother researching what would be required.

I went in blind, carrying a backpack of almost everything I owned at the time, a broken heart, chronic ankle pain, and a desperate attitude—willing to try anything to feel like myself again. I wasn't prepared for eight hours of meditation each day, broken into two-hour sessions with eating, sleeping, and resting in between. It was shocking to my system, to say the least.

The first four days were hell. My relationship with pain was fragile. I felt like a victim, tortured by chronic physical pain that had ended my dream of becoming a professional soccer player. We were asked to sit, observe, and watch the breath, the pain, the sensations, the pleasures, the thoughts—everything that arose—and not react. I wasn't used to sitting for so long. Not to be dramatic, but I thought I was going to die.

The pain in my knees consumed me for four days.

They take away your keys at the start, so you can't leave. I remember vividly being ready to ask for them just so I could escape. I was done.

Yet, paradoxically, giving myself the option to tap out sparked a competitive spirit within me. One last time, I decided to fully embrace the teachings and become curious about the pain instead of judging it, wishing it away, or reacting to it. I went into it with every fibre of my being.

And then something unexpected happened...

The pain disappeared completely.

I couldn't believe that the excruciating pain of the past four days was gone. In that moment, my entire understanding of reality shifted.

This experience shaped the next five years of my life.

Soon after, I created Breath Sesh, teaching others how to connect with this kind of awareness through conscious breathwork.

THE SECOND AWAKENING

After years of studying breathwork, building *Breath Sesh* (now known as RYP), and developing courses, I began to wonder: Could I access the peace and clarity I felt after a session at any moment? What if I didn't have 8 hours to practice—could I still reach the same state? Could it be as potent?

The answer came unexpectedly while I was driving, listening to a voice memo from a mentor. I had been sharing my struggle with a recent breakup. She explained that even though I was doing my breath practice, my intention was, *"I need to feel this so I can not feel it again."* I wasn't truly being with it.

After hearing this, I sank deeper into my seat. It was the first time I felt true surrender—a relief, an acceptance that brought freedom.

Then everything shifted. It was almost as if a surge of energy ran up my spine. In that moment, the burden of feeling lifted. I was no longer resisting the emotional pain. Ironically, because I wasn't resisting, my body did what it naturally knows how to do: transmute energy.

The clarity and peace that followed confirmed that I had found the answer.

Yes—I could access that state at any moment, anytime.

Both of these awakenings have one thing in common: I was learning to let go and feel fully for the first time. The first dealt with physical pain; the second, emotional and psychological. The absence of trying is crucial.

That's what the *Feel It Fully* process is all about—ironically, letting go of a process.

CHAPTER 3 THIS IS THE REAL WORK



As a breathwork facilitator, this is so rogue for me to say, but f*ck it...

Even the breath can be used as a means to escape feeling. To try to get rid of something or get somewhere else. To have some kind of out-of-body experience. This is just another form of addiction to escaping, disguised.

So what am I teaching here?

What is the method or process?

There isn't one.

Yes, using the breath as a tool will help strengthen your ability to let go and feel safe to feel.

Yes, I will continue to show you how to use it, but really... my message is quite simple:

Feel It Fully.

Not just in your practice, but in every moment. In all moments is key here—why? Because feeling it fully extends beyond your morning class or once-a-year retreat.

It's being late for an event and sitting in traffic.

It's finding out that you're pregnant.

It's being broken up with.

It's realizing you've been in the same pattern over and over again. It's in every moment—especially the mundane.

Feeling it fully is about knowing how to let life in, especially when you don't want to. And instead of running away, avoiding, numbing, or suppressing—you notice, you stay, and you let it be there.

That is the real work.

The reward that comes from choosing to be with it is an internal confidence so strong, so radiant, that life begins to hand you opportunities you never thought possible.

Why?

Because now you can handle it. **You can be trusted to hold life, because you can hold yourself.**

PART II **FEEL IT FULLY**



CHAPTER 4 THIS IS NOT A METHOD



Though, If I were to break down what happens when we choose to feel it fully, it can be understood through three stages:

Stage 1 **Becoming Aware**

Stage 2 **Letting Yourself Go**

Stage 3 **Taking Inspired Action**

These stages don't have to be sequential—they can happen in the blink of an eye, in the moment, as life unfolds.

Alongside these stages, there are also two phases that help describe the process:

Phase 1 Building Capacity

Phase 2 Feeling It In The Moment

STAGE 1: BECOMING AWARE

The moment you notice that you're resisting or avoiding feeling is the moment you become aware. Awareness begins when you recognize that you've been stuck in a loop—a pattern of resistance or avoidance—and it's here that you can start to shift. This is the point where you can choose to act from a place of awareness instead of reacting unconsciously. When you operate from this space, you're more likely to make choices that truly align with what you want in life.

Seeing Your Emotional Loop

Emotions—especially the lower vibrational ones—can become addictive. If you were never taught how to maintain a flow of energy within yourself, you may have started seeking it outside. Seeking energy from external sources never sustains; in fact, it often has the opposite effect, creating patterns of numbness, avoidance, and dissatisfaction. In my opinion, to be chronically numb is almost akin to not being alive. I think it's why so many people are drawn to horror movies, drugs, or adrenaline-charged experiences—it's a way to feel something again, to feel alive. The rush of adrenaline and cortisol tricks the body into thinking it is gaining energy, and the emotional loops continue.

An emotional loop can show up in many ways. One of the clearest examples is attracting the same toxic lover repeatedly until one day it just clicks. You say to yourself, “How am I in the exact same situation again?” The pain is almost unbearable—not just because of fear of losing someone, but because you know you’ve allowed yourself to relive the same pattern over and over.

Choosing differently—which might look like acceptance instead of perpetuating the pattern, taking responsibility for your emotions, and moving through life with deeper awareness—can feel like dying.

Why? Because a part of you is.

You begin to realize that you can no longer blame external circumstances for how you feel. You can’t unsee the patterns once they are visible, and you start to understand that the only thing standing in your way is you.

This level of honesty also requires examining all areas of your life that aren’t in your best energetic interest. When you stop relying on external sources to soothe you, many people, situations, and habits will naturally fall away.

Facing the unknown, sitting in the space you've created, and allowing yourself to truly feel can be intensely uncomfortable. It is precisely this discomfort that keeps many people trapped in emotional loops.

As you read this, some patterns may already be surfacing in your mind. It's not that we don't know—we almost instantly know when something throws us out of balance.

STAGE 2: LET YOURSELF GO

This stage can be seen as emotional alchemy. It's the moment you choose to transform the blockages caused by self-imposed limitations or external situations by truly letting yourself go.

Letting go means relaxing into the feeling that is arising, becoming aware of the situation or pattern that is limiting or triggering you, and choosing to allow it rather than resist it.

In the moment, this might look like relaxing into your breath instead of reacting to the emotion, situation, or thought.

You might use the breath as a tool to help transmute emotional and energetic blockages, or you might simply sit on a park bench, go for a swim, dance in your bedroom, or engage in whatever helps you soften into your experience.

Soften Over Contraction

The essence of this stage is captured in the concept of softening instead of contracting.

When you become aware of an emotion that typically triggers you or causes you to fall into a loop, you have two options: to soften, which means surrendering, coming into acceptance, and observing; or to contract, which means reacting, running away, avoiding, numbing, or distracting yourself.

The choice you make determines how your energy flows and how quickly you can move through patterns that no longer serve you.

New Pathways

Relationships, especially breakups, have been some of my greatest teachers in this process. We are creatures of habit and pattern, so when a relationship ends, it can feel as though our brain is straining or even breaking.

On a neurological level, this is true: the neural pathways that have become familiar highways are suddenly under construction, and new patterns begin to form. In the beginning, choosing to let go of this person can feel mentally uncomfortable, almost like a strain, but with repeated practice, you realize that you can survive and even thrive in this new way.

By consistently choosing to soften instead of reacting, you strengthen the mental muscle of “I can handle this.” You build confidence in your ability to feel fully and navigate life with resilience: I can feel it fully. I’ve done it before.

What Happens When Energy Moves?

When emotional energy is allowed to move through the body instead of being resisted or suppressed, the nervous system begins to settle.

The breath deepens, muscles soften, and the body shifts out of a state of fight-or-flight. The bracing and waiting for something bad to happen begins to subside, and physical tensions start to even out. The mental looping that accompanies suppressed emotion quiets, creating space, clarity, and a sense of balance.

Energy that was previously consumed by holding and avoiding becomes available again, supporting rest, digestion, immunity, and a general sense of well-being. There is a sense of aliveness, ease, and zest for life when you access the parts of yourself that were being numbed or dulled. You can't help but feel inspired—to take action, to create, and to want to share this newfound sense of life with others.

Ways To Let Go...

- Breathwork
- Meditation
- Swimming
- Running
- Sitting
- Laying
- Dancing
- People watching
- Journalling
- Cooking
- Crafting
- Driving
- Making music
- Walking

Or simply being wherever you are (**without wishing you were somewhere else**).

The key is intention—these activities can support your emotional flow, or they can become another way to escape. The difference lies in whether you are choosing to be present with yourself and your experience or using the activity to avoid feeling.

STAGE 3: TAKE INSPIRED ACTION

Inspired action comes from a place deep within us. When you feel inspired to do something nothing can stop you from doing it. When you're no longer locked into an emotional loop, you have more space within to receive clearer messages on what actions you should take next. Here, your intuition becomes louder than ever because you're no longer in resistance or avoidance—there is space.

When inspiration arises in this way, it carries a natural momentum.

The Intelligence Within

We all have that little voice that whispers—and sometimes yells—at us. I would call this your intuition, or the intelligence within. It is always guiding you, leading you, and offering endless ideas about where to go and what to do next.

If you begin to observe the patterns, rhythms, geometry, and precision of nature, it becomes clear that an intelligence far beyond our current comprehension created this reality. When you notice those same patterns mirrored in the human anatomy, you realise that we, too, are part of something much greater than ourselves.

Thus you may start to trust the intelligence within that is always guiding & leading you to where you need to be.

THE TWO PHASES | PHASE 1: BUILDING CAPACITY

Phase 1 of this process is about finding safety and even enjoyment in Feeling It Fully by devoting yourself to a daily practice.

It's easy to get entangled in the stories of the mind—the monkey mind that constantly seeks distraction as a way to avoid discomfort. While it believes it's keeping you safe, it often leaves you feeling stuck, disconnected, and numbed out.

So much of human potential is spent trying to ignore, block, suppress, or distract ourselves from feeling, yet when you begin to turn inward, you'll realize you've always known what to do and that there was never anything to fear.

When you devote yourself to your practice regardless of how you feel, you begin to reclaim your power from the mind that equates safety with staying the same—even if that sameness means remaining suppressed, stagnant, or unwell.

Choice is everything here.

No one wants to be told how to feel or who to be.

The power of Feel It Fully lies in the conscious choice to allow and even welcome your emotions.

When you're no longer avoiding, suppressing, blaming, or projecting them, they lose their grip over you and are able to pass through naturally, supported by your breath. Through consistent practice, you develop a deeper trust in yourself, which eventually allows you to feel in real time, not just in hindsight.

PHASE 2: FEELING IN THE MOMENT

As Feeling It Fully becomes a lived practice rather than something you only do on the mat or in meditation, you'll naturally begin to experience it in the moment.

This might look like an external trigger arising and, instead of distracting yourself, numbing out, or running away, you simply become aware of what's happening. You soften into your breath, choose to let go, tune into the intelligence within you, and respond from that place. Often, this entire process can unfold within seconds. The only reason we avoid feeling fully in the moment is the belief that we won't be able to handle it—that it will be too much.

But when you build a consistent track record through daily practice, you come to know, not just intellectually but somatically, that you can handle it. So you do. You meet the emotion as it arises, allowing the energy to move instead of becoming trapped or stagnant in the body.

From this place, you reclaim enormous amounts of time, energy, and peace.

COMMON QUESTIONS

What Happens When You Feel An Emotion Fully?

When you develop the ability to feel emotions fully and in the moment rather than suppressing them, you'll notice that you become far less reactive.

You're no longer driven or controlled by what you feel; instead, you observe emotions as they pass through you, remaining grounded and present. When your day is no longer dictated by how effectively you can distract yourself from feeling, you'll realize how much energy becomes available to you. It takes a tremendous amount of energy to resist or block what is naturally arising.

What Happens When You Suppress An Emotion?

Suppressing an emotion often happens when you believe you're not ready to handle it. But suppression doesn't make emotions disappear—it stores them in the body, where they continue looping until you're willing to meet them. The energy required to block, ignore, and contain emotion has a significant impact on your health and well-being. When emotions are suppressed without being consciously processed, the body begins to send signals—such as chronic tension, pain, or sensitivities—to get your attention.

Why Would You Want To Feel It Fully?

When you feel an emotion fully, you allow it to move through you, creating more space, vitality, and access to higher awareness.

This makes it possible to live in alignment with who you truly are. When emotions are no longer something you fear, they become powerful tools—signals that guide you toward truth and clarity. In this way, emotions transform from something you resist into an inner compass you can trust.

Reasons You Might Not Be Feeling Fully.

- You think it's going to be too overwhelming.
- You're attached to the story, belief or pattern that's keeping you in a loop.
- You don't know how to feel it fully.

PART III EMOTIONAL FREEDOM TOOLS



CHAPTER 5 **BREATHWORK**



THE PURPOSE OF BREATHWORK

The role of breath work is to create the foundation for deeper states of meditation.

It's the thing you do to psychologically and physiologically prepare your body and mind to sit in meditation.

It is only when we close our eyes and look inward that we can truly see. We see through the practice of meditation.

Breath work serves as a pillar for focus and concentration —to tame the monkey mind. The mind that wants to distract, control and analyse everything.

Breathwork drops us back into the body & out of our heads. Back into a state of equilibrium so we can live our lives from a place of stability and presence.

Meditation is simply **being without resistance**.

DYSFUNCTIONAL BREATHING

We can't talk about emotional freedom without addressing dysfunctional breathing. You might be wondering, Julz, what is dysfunctional breathing? To grasp dysfunctional breathing, first we must notice the qualities that impact your breath the most:

- Nose breathing
- The breathing muscles you use
- The rate of your breath
- The effort it takes to breathe
- The rhythm of your breath

To simplify, here's a table that shows the difference between dysfunctional and functional breathing:

Unhealthy	Healthy
Mouth breathing	Nose breathing
Accessory	Primary breathing
Breathing quickly	Breathing slowly
Stressed	Unstressed
Erratic breathing	Soft Breathing

What Are The Correct Breathing Muscles?

- Trachea
- Ribs
- Lungs
- Intercostal muscles
- Diaphragm

When people predominantly use these muscles to breathe, the lungs expand & contract through the front, sides & back. This results in a full natural breath.

What Is The Role Of The Diaphragm?

The diaphragm is a dome-shaped sheet of muscle located at the base of the lungs, separating the chest cavity from the abdominal cavity. It plays a crucial role in breathing.

What Happens During Inhalation (breathing in):

- The diaphragm contracts and moves downward.
- This increases the space in the chest cavity, creating lower pressure inside the lungs.
- As a result, air is drawn into the lungs through the nose or mouth, filling the lungs with oxygen.

What Happens During Exhalation (breathing out):

- The diaphragm relaxes and moves upward into its dome shape.
- This reduces the space in the chest cavity, creating higher pressure inside the lungs.
- Air is pushed out of the lungs through the nose or mouth, releasing carbon dioxide.

Qualities of a Full, Natural Breath:

- Breath is quiet at rest
- Breath isn't shallow
- Your lower chest and upper belly expand outwards as you inhale
- Your exhale is passive and relaxed
- The diaphragm moves up and down freely

Of course, there will be many moments in your life where your breathing may naturally become erratic, quick, or laboured for a moment.

The problem arises when this kind of breathing continues day in, day out, over time. Humans are not meant to be highly strung, stressed out, and breathing in this way all the time.

BREATHING MYTHS

TERM	MYTH	EXPLANATION	CLARIFICATION
‘Big Breath’	Taking in as much air as possible, often quickly transports more oxygen	Overbreathing / hyperventilation	Bigger is not better; balance is key
‘Deep Breath’	Misunderstood as big/forceful breath	Can lead to overbreathing and tension	Think slow and low, not big and forceful
‘Shallow Breathing’	Light or high chest breathing is bad	Not always bad; depends on body’s needs	Problematic only if it mismatches oxygen needs or causes tension
‘Diaphragmatic Breathing’	This suggests that using the diaphragm is optional	Better oxygen exchange and relaxation	You always use your diaphragm to breathe otherwise you would be dead
‘Belly Breathing’	We should breathe like ‘babies’ & focus on the belly	May neglect rib/back expansion; not fully efficient	Aim for 360° expansion (belly, sides, and back)
‘Chest Breathing’	Movement of the chest is bad in breathing	Can cause tension and shallow oxygen exchange	Lower chest expansion is healthy; upper chest-only breathing is the issue

HOW TO CORRECT DYSFUNCTIONAL BREATHING

Your breath is the only part of the nervous system that you have conscious control over. This is not an accident. How you breathe is always reflecting how you feel, and how you feel is always affecting how you breathe.

If you've attended some of my courses, workshops, or classes, you might have heard me repeat this.

In relation to correcting dysfunctional breathing, awareness is key.

For example, when you become aware that you are holding your breath throughout the day—aka not allowing life in, bracing, or waiting for something bad to happen—the acknowledgement itself begins to break the pattern.

There's really nothing to "do," per se. No complicated method or process. Just awareness that: oh, I'm resisting or avoiding feeling something here.

That resistance or avoidance can linger from something that happened in the past—or something that hasn't even happened yet.

When you're breathing dysfunctionally, essentially you're not allowing the breath—energy—to flow freely. This creates an even bigger cascade of symptoms, like chronic disease, illness, or premature aging.

Breath is life.

Breath is energy.

It's important that it flows.

Almost always, the root cause of a poor breathing habit stems from the stuck and stagnant emotion that triggered the stress response.

It is only when you feel that you can't handle an emotion that you begin to develop a dysfunctional breathing habit to avoid or cope with the situation.

This might look like holding your breath, breathing high up into the chest, or mouth breathing.

When you feel an emotion fully in the moment, you allow the energy to pass through.

ADDICTION TO STRESS

It's safe to say that if you weren't taught how to connect to your internal guidance system from an early age, then you probably never learned how to regulate your emotions, or how to conjure up your own energy to transmute them, to alchemize them.

If you grew up in an environment where you were forced to dismiss feeling (using your right brain) and taught to operate from logic (left brain), then you may have spent a good portion of your life suppressing feeling.

If you suppressed feeling, you might have become so numb, so in need of energy, that you turned to the external. It worked—for a while. The person that made you happy brought you back to life. The shopping, the raise at work, the drugs, the travel—each hit gave a spark. But deep down, you realized that something was always missing.

You were never quite satisfied.

Endlessly searching.

Endlessly seeking.

Always needing another fix.

You might have begun to question: “Surely this isn’t it. Surely there is more to this life than endlessly seeking out there for it.” But what is it?

Ask, and you shall receive.

As the universe starts to listen to your plea for guidance, truth, and expansion, you may come across a teacher—or even a book like this. You feel the resonance of truth, but because it’s so far from what you’re used to, you fall back into the comfort of the known, and thus the addiction to stress begins.

In my experience, these loops of falling in and out of stress come in waves, and I believe them to be absolutely necessary. Every now and then, there will be a person who experiences a death or a life-threatening moment, where their whole model of reality is shaken, forcing an awakening—a quantum leap— & in that moment, they are forever changed.

For the majority of people, though, it looks more like a ladder: falling in and out of stress repeatedly, always out of fear of one thing:

Change.

“Is what’s familiar going to change? If it is, will I be safe?” we ask ourselves. Sometimes we choose to just keep living in these states that we know aren’t serving us, because simply, we fear the unknown.

THE PHYSIOLOGICAL LOOP OF STRESS

On a physiological level, the addiction to stress continues because of the changes within the body that occur from dysfunctional breathing habits, which alter the body’s pH levels.

When CO₂ levels drop, the blood becomes more alkaline, prompting the body to retain acidity in an attempt to rebalance its pH.

As a result, the body adapts to these lower CO₂ levels, meaning that even a slight increase can create a sense of discomfort. This discomfort leads individuals to breathe more rapidly, fostering a cycle where they feel the need to increase their breathing rate to obtain sufficient air.

Consequently, this heightened state of alertness can create a reliance on stress, as the body becomes conditioned to operate in this overstimulated state.

HOW EMOTIONAL ENERGY BECOMES PHYSICAL

One of the best ways I can explain this comes from a scene I saw in the cartoon show *Avatar: The Last Airbender*.

In the scene, the Waterbending master brings Aang to a river dotted with large rocks. He shows how the water never tries to force its way through the obstacles. Instead, it curves and slips around them, always finding a new path forward. Then he explains the deeper truth: when water is free to move, it stays clear and alive—but when its flow is blocked, it becomes stagnant, still, and lifeless.

Water needs movement to stay pure.

In that moment, the river becomes a living metaphor for the human experience. When we rigidly resist what stands in our way, we become stuck. But when we allow ourselves to stay fluid, to redirect, to keep moving even when life throws rocks in our path, we remain alive, adaptable, and in flow. It is the same with your emotions. If you don't allow your emotions, energy, or life to move, they also stagnate. Stagnant water equals stuck energy, stuck emotions, stuck life force. Flowing water equals clarity, healing, adaptability.

When emotional energy gets trapped, it doesn't just stay in your mind—it begins to manifest in the body. Unprocessed anger, grief, fear, or stress can create tension in the muscles, interfere with digestion, disrupt sleep, and even weaken the immune system over time.

Chronic stagnation of emotion will always lead to inflammation, disease (cancer, heart disease, diabetes), premature aging, and a general sense of fatigue or malaise. Just like a river that stops flowing becomes murky and unhealthy, our bodies and minds suffer when our emotional energy is blocked.

Feeling it fully helps the energy flow, keeping both body and mind healthy, resilient, and vibrant.

FEELING AS LIBERATION, NOT PUNISHMENT

We often think, "If I feel this feeling, it's going to be too much. It's going to stay stuck forever," so we avoid it. But it's actually the opposite. If we don't allow ourselves to fully feel, the energy of the feeling loops internally until you're ready. The suppression itself requires energy.

How much time, energy, and peace would you gain back if your life wasn't built around the avoidance or resistance of feeling? Probably a lot.

I could name a list of things I've used just to avoid feeling, so here it is: shopping, binge-watching movies or TV shows, scrolling endlessly on social media, doing drugs, overworking, constantly checking the phone, obsessive cleaning or organizing, over-exercising, mindless browsing online or watching YouTube, compulsive texting, people-pleasing, avoiding sleep, overcommitting to social obligations, watching or reading gossip or sensational news, escaping into fantasy or daydreams, perfectionism, and compulsive hoarding or collecting.

I'm sure we can all agree that excessiveness or heavy reliance on the external to sustain your energy isn't going to create the internal freedom I know you seek.

Otherwise, you wouldn't have bought this book—or made it this far, for that matter.

CHAPTER 6 TECHNIQUES



You could spend the rest of your life studying breathwork and it still wouldn't scratch the surface of the mystery that it is. At the same time, it's really quite simple.

It's easy to overcomplicate things, but honestly, without embodiment—without feedback from your actual experience—I don't believe a true understanding of the power of breath can be reached.

I don't recommend the Wim Hof Method, circular breathing, or holotropic breathwork. Here's why. When I began my breathwork journey five years ago, I studied functional breathing. I soon realized that the big release events happening around me didn't reflect what I had learned in my studies. I learned all about overbreathing and its dangers. I learned about mouth breathing and how humans should be breathing through the nose 100% of the time.

The mouth is meant to be an emergency breathing apparatus. Because of this, guiding mouth-breathing experiences felt counterintuitive, so I didn't lead them for five years. I could see breath being used as just another way to escape or get high—something I don't align with.

When I discovered this concept, feeling it fully, it didn't come from a mouth-breathing session. I felt it while driving in my car. Pockets of energy were released simply by letting go of resistance. Being able to let go in any movement is at the core of the Feel It Fully process. Although I understood the detrimental effects of mouth breathing when done regularly, I could still see the value in big releases, so I began guiding mouth-breathing and circular breathing sessions. But this is where it gets complicated.

It's not that circular breathing can't be used for spiritual transformation; it's just that if you're not already breathing functionally, you shouldn't be doing this type of breathwork.

Monks won't practice this kind of breathing until they've mastered functional breathing—a process that can take years.

When you breathe through your mouth, you're actually stripping your body of oxygen because you're expelling too much CO₂. Without CO₂, oxygen can't be delivered to your cells. You might think you're getting more oxygen because you're breathing more, but that's not the case.

Not only are you depriving your body of oxygen in these states, but you're also more susceptible to retraumatizing your nervous system.

The body won't truly release an emotion until it feels safe. When people cry at these events, it's often because they're reliving trauma.

Now that you're aware of dysfunctional breathing and its impact on the way you feel, you're ready to intentionally move your breath, which ultimately changes how you feel. I've listed 4 of the most powerful breathing techniques I've come across.

- **Extended Exhales**
- **Coherence Breathing**
- **Alternate Nostril Breathing**
- **Breath Of Fire**

EXTENDED EXHALES

This technique is designed to calm the nervous system by gently lengthening the exhale, which signals safety and relaxation to the body.

Steps:

1. Sit or lie down in a comfortable position. Keep your spine upright but relaxed.
2. Inhale slowly through your nose for 5 seconds.
3. Exhale gently through your nose for 8 seconds, letting the breath empty fully.
4. Continue breathing with this rhythm.
5. Let go of the counting once you feel comfortable with this rate & begin to increase the length of your exhales.
6. Linger in a breath hold before you take your next inhale & slowly increase these holds as you go on.
7. Continue for as long as you like - recommended **10-20min**

Tip:

- Focus on the deepest part of your diaphragm.
- Lingering in your exhale as long as comfortably possible.
- Allowing the exhale to be one fluid motion and movement.
- Relaxing your entire body on the exhale.

COHERENCE BREATHING (5 IN 5 OUT)

This technique is designed to calm the nervous system and bring your body into balance. You can adjust the timing as needed (e.g., 4 in / 4 out) if 5 seconds feels too long at first.

Steps:

1. Sit or lie down in a comfortable position. Keep your spine straight but relaxed.
2. Close your eyes and take a natural breath in.
3. Inhale slowly and smoothly through your nose for **5 seconds**.
4. Exhale slowly and fully through your nose for **5 seconds**.
5. Continue this rhythm for **15-20 minutes**.

Tip:

- Allowing the exhale to be one fluid movement.
- Keeping your inhale & exhale rhythmic.
- Focus on the deepest part of your diaphragm.

ALTERNATE NOSTRIL BREATHING (NADIS SHODHANA)

This breath balances the left and right hemispheres of the brain and helps calm the mind.

Steps:

1. Sit comfortably with your spine straight. Relax your shoulders.
2. Place your right thumb over your **right nostril** to close it.
3. Inhale deeply through your **left nostril**.
4. Close your **left nostril** with your ring finger, and release your right nostril.
5. Exhale slowly through the **right nostril**.
6. Inhale through the **right nostril**.
7. Close the **right nostril**, release the **left nostril**, and exhale through the left.
8. This completes **one full cycle**.
9. Repeat for **5-10 cycles**, focusing on smooth, even breaths.

Tip:

- Pausing when you feel stuckness.
- Slowing down when you notice yourself speeding up or trying to get somewhere.
- Channelling the energy / breath towards the middle of your eyebrows.

BREATH OF FIRE (KAPALABHATI / ENERGIZING BREATH)

This technique is energizing, clears the mind, and stimulates your body's energy flow. Breath of Fire can make some people lightheaded at first. If that happens, pause, breathe normally, and resume slowly.

Steps:

1. Sit with a straight spine, shoulders relaxed, and hands resting on your knees.
2. Take a deep inhale through your nose.
3. Begin **rapid, forceful exhales through the nose**, pulling your belly button toward your spine with each exhale.
4. The inhales happen naturally and passively.
5. Start with one breath per second, then rest for a few deep, slow breaths.
6. Repeat for **2-3 rounds** if you feel comfortable.
7. Focus on the rhythm and the energy building in your body.

Tip:

- Keeping the breath short and sharp.
- The exhale only (The inhale happens naturally).
- Sucking in your belly.
- Relaxing your entire body.
- Keeping your spine nice and tall.

CHAPTER 7 JOURNALING



You can use journaling to help you integrate what naturally arises. As you start to feel fully, naturally questions, insights, and answers will make themselves known. As your awareness grows, your capacity to hear and listen to your intuition grows too.

When you put pen to paper, you gain access to your inner world without any external influence or projection. There is a beautiful kind of intimacy and privacy that comes with this type of conversation—with yourself, with God. The concept of *Feel It Fully* arose truly letting go of resistance or avoidance of feeling uncomfortable emotions. From asking the internal question, *What am I resisting or avoiding feeling or doing right now?*

We know exactly which areas of our life need attention. We also know what we are giving too much of our energy to, which isn't serving us. When you pose this question, you cut the bullshit and get straight to the truth.

Of course, you have to be willing to take radical responsibility to even ask this question. But I take it that if you've bought a book called *Feel It Fully*, then you're ready.

Want to get straight to the point?
Start your journaling session with:
“What am I resisting or avoiding?”

Even if you simply aren’t avoiding or resisting anything, it’s still a great starting point to celebrate where you are showing up.

BOOKS THAT BECAME MY TEACHERS

The book ***Conversations with God*** fundamentally changed the way I journal. The process of asking questions and channeling the answers through yourself, as demonstrated in this book, creates a direct link between you and the intelligence that created us.

The Morning Pages, created by Julia Cameron, who wrote ***The Artist’s Way***, also changed the way I journal. The task is simple: write three pages of whatever comes through—a stream of consciousness, if you will. Even if you feel like you have nothing to say, she encourages you to just keep writing until you finish three pages. That could mean repeating “I have nothing to say” over and over again. Creating a parameter like this for yourself can help you get to the truth of what you’re feeling. This is especially helpful for someone who has never engaged with journaling before.

JOURNAL PROMPT (SUMMARY)

- Inspired by ***Feel It Fully***: Ask yourself the question, *"What am I resisting or avoiding?"*
- Inspired by ***Conversations with God***: Write any questions you have about anything you need clarity on, then wait and write the answers when you feel called to.
- Inspired by ***The Artist Way***: Set yourself the task to write three pages of stream-of-consciousness every day, no matter what.

CHAPTER 8 WHERE TO GO FROM HERE



You could continue the challenge for longer periods of time. You might read this book at different moments in your life as a reminder, or experiment with other practices. Maybe none of this resonated, or maybe it hit you so deeply that you can't help but want to share it with someone else.

Feel It Fully is a lifelong awareness — not a moment, not a trend, not a challenge with an end date.

If you'd like to stay connected, I'll be sharing future offerings, deeper practices, and spaces to explore this work more fully — online and in person. There's no pressure. Just an open invitation. How you move forward is entirely up to you.

I want to celebrate you for following your curiosity, for showing up for yourself, and for choosing to Feel It Fully. This life thing is challenging & beautiful all at the same time.

You are worthy of this life.

You are enough.

You are powerful beyond measure.

I'm proud of you for choosing to live another day.

CHAPTER 9 A FINAL WORD



THANK YOU

To all my friends, family, and strangers who have shown up over the years to the community gatherings in Edinburgh Gardens, the first courses I ever ran, those who watched online, and everyone who supported the other projects I've created—thank you.



WRITTEN BY JULIA BALASSOPOULOS

**WE LIVE IN A CULTURE THAT TEACHES
US TO SUPPRESS, DENY, OR DISTRACT
OURSELVES FROM FEELING. THIS BOOK
A QUIET REBELLION—AN INVITATION, A
REMINDER TO COME BACK TO
YOURSELF.**

JULIA BALASSOPOULOS

JULIA BALASSOPOULOS



30 DAYS OF FEELING
YOUR EMOTIONS FULLY.

FEEL30

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HOW IT WORKS

PART 3 —

SHARE YOUR JOURNEY

PART 1 | WHY THIS CHALLENGE EXISTS



We live in a world full of distractions. Phones, work, habits, and people often keep us from feeling.

At this point in history, this is not the time to look away.

To numb.

To avoid.

It's time to feel.

Feeling when we are pushed to numb and suppress is an act of rebellion.

The pain of being lied to. Manipulated as a race is unbearable. I know. But look where the alternative has gotten us.

Feeling is the revolution.

Feeling is reclaiming your power.

This is how we shift the frequency of this planet.

I'm right here with you, feeling it fully.

I love you, you've got this.

Julz

PART 2 | HOW IT WORKS



FEEL30 — DAILY BREAKDOWN

10-60 minutes - choose your commitment level.

10min (minimum)

30min (standard)

60min (deep)

No phone, No distractions.

Meditate.

Move.

Breathe.

Journal.

Dance.

Lay.

Or any way that helps you feel.

Miss a day → start again

This creates self-accountability and a small tension that can help push you through on the days that feel hardest to commit.

Tip: Pick one method of feeling or mix them — follow what feels right for you.

TAG US

#FEEL30

@FEEL.INTHEFEELS

FEEL

30

DAYS OF
FEELING YOUR
EMOTIONS
FULLY.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

RULES

10-60MIN DAILY.
NO PHONE.
NO DISTRACTIONS.
JUST YOU & THE FEELS.
MISS A DAY, YOU START AGAIN.

FEEL

CREATED BY JULIA BALASSOPOULOS

Optional Weekly Integration Questions

Set a day each week where you can reflect on these questions.

Maybe you want to record videos of you answering them or take yourself out & journal.

However you choose to integrate these questions, make it intentional and something you do just with yourself.

- What did I learn about myself this week?
- What discomfort am I now able to stay with more easily?
- Where am I still avoiding or suppressing?
- What intuitive messages are becoming clearer?
- What moments felt significant or life-changing?

PART 3 | SHARE YOUR JOURNEY



Your journey matters — and sharing it inspires others to feel fully too.

Example post:

Day 5/30

Emotion: Anxiety

Insight: I realised I avoid silence.

Use the hashtag: #Feel30

Tag us: @feel.inthefeels

Why share?

- Connect with a global community of people choosing to feel fully.
- Inspire others to try the challenge.

PAY IT FORWARD

If this challenge has helped you slow down, feel more, breathe deeper, or see yourself differently, trust that it can do the same for someone else.

Sometimes the greatest gift you can give isn't advice or fixing—it's simply pointing someone toward a doorway they didn't know existed.

I pray over & over again that this message of feeling it fully, touches the ones who need it.

The one's who are quietly struggling, suppressing, or searching for relief.

If this moved you, share it.

Pay it forward.

Lets create a ripple of mass regulation on planet earth.



**CREATED BY JULIA BALASSOPOULOS
FOUNDER OF - FEEL.**

**MOST PEOPLE RUN FROM THEIR
EMOTIONS. THIS CHALLENGE
ASKS YOU TO FEEL THEM.**

JULIA BALASSOPOULOS