



MAGICIAN Breathwork Archetype

A confident, intuitive, creative, and innovative powerhouse



Self-Healing Quiz Results

CREATED FOR YOU BY: BREATHE CONNECT THRIVE



WHAT THE MAGICIAN SELF-HEALING ARCHETYPE POWER MEANS FOR YOU.

No isn't a word in your vocabulary. You can make anything happen; you can manifest and materialize your desires almost instantly, ESPECIALLY when someone tells you that you can't. When faced with adversity, your natural tendency is to look for alternatives. You use all of the resources in your magical toolbox to solve problems, and you don't wallow in the loss. Instead, you figure out what is needed to move forward and grow from the challenge.

You enjoy direct communication, and you don't like small talk. You'd rather not talk at all if you're not diving into meaningful conversation. You genuinely care about the health and well-being of others which you demonstrate through your passion and advocacy. Every breath in and every breath out is authentic, and people are receptive to your realness.

You have the unique ability to combine your intellectual and analytical side with your emotional qualities. You balance your fiery action-oriented traits with your practical groundedness.

When you combine all of these elements with your intuition and deep, spiritual connection, you hold space for the power to create transformative healing.





YOUR MAGICAL SELF-HEALING CHALLENGES

Your intrinsic ability to speak up inspires hope and change in others. And sometimes, the hope and change don't feel like it comes fast enough for your desires which might leave you feeling on edge.

You're action-oriented and confident in your abilities. You're super honest, which is a great trait, but sometimes you turn that honesty into a sword against yourself. And you can, at times, be inflexible when it comes to controlling the outcomes and timelines of your desires. You might at times feel uncertain about your future and lose confidence that your vision will become a reality.

Because of your unique abilities, you often feel misunderstood. You might feel like your problem is unique and unsolvable, which can sometimes lead to periods of anxiety, anger, or depression.

YOUR MAGICAL SELF-HEALING STRENGTHS

- DIRECT
- UNIQUE
- DECISIVE
- INTUITIVE
- CONFIDENT
- PASSIONATE
- INNOVATIVE
- RESOURCEFUL
- AUTONOMOUS

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YOUR MAGICAL SELF-CARE PLAN

Create a spellbinding self-care routine

- Your ability to dip between feelings and logic can sometimes send you into a tailspin of emotions reasonably quickly. So it helps to get a leg-up on self-care and make it a priority in your daily routine.
- Because you're creative, intuitive, and resourceful, it's best to have several different daily practices to pull out of your magic hat. This way, you can regularly implement these practices without feeling constricted.

Have an emergency plan

- Although you do a great job of taking care of yourself regularly, sometimes it might not feel like it's enough. So keeping some go-to emergency exercises when you're in an emotional tailspin is crucial.

Accept support

- Although you might feel like no one will understand, reaching out might not be your first go-to, but staying connected is one thing that might help you feel understood.
- And don't forget to ask for help from the Universe, the tarot, oracle decks, your higher self, or your own inner guidance through meditation, prayer, breathwork, or yoga.

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MAXIMIZING YOUR MAGICAL SELF-HEALING ABILITIES THROUGH BREATHWORK

You recover best through various techniques that help you reconnect with your magical abilities to manifest the life you desire.

Your Personalized Self-healing Breathwork Strategy includes breathwork exercises like:

- **Roller Coaster Breath:** to calm you when you wake in the middle of the night.
- **Conscious Connected Breathwork with a tarot or oracle reading** before and after so you can release emotions on a deeper level.
- **Breath of Joy:** to energize you when you're feeling depressed.

Click on the links above and try the breathing exercises.

Then you can use the accompanying workbook to note which exercises shift your energy back to your natural magical powerhouse self.





IF YOU'RE NODDING YOUR HEAD, SAYING, "WOW!! THESE RESULTS DESCRIBE ME EERILY WELL! I WAS NODDING ALONG TO EVERY SINGLE PART OF THE DESCRIPTION."

And you're done with:

- Feeling the need to control everything.
- Bottled-up emotions draining your energy
- Not having a breathwork practice you can do at 2 am in the privacy of your own home

THEN THE CONSCIOUS BREATH CONNECTION COURSE WAS CREATED FOR YOU!

Imagine what you'd experience or create in your life if you could ...

- Uncover the courage to follow your desires.
- Actively live your life and not just be a passive bystander!
- Heal trauma and shift old patterns so you can finally move forward.
- Reconnect with your body and get in touch with your inner wisdom.
- Clear stuck energy and release underlying emotions that are draining you.
- Connect to your intuition and your soul at a higher level while tuning into a different frequency.

AS A THANK YOU FOR TAKING THIS QUIZ, USE THE PROMO CODE MAGICIAN TO ACCESS THE COURSE, NORMALLY \$147, FOR ONLY \$97!

[Click here to discover how the Conscious Breath Connection Course can help you release bottled-up emotions that are secretly draining your energy!](#)

WANT MORE INFO ABOUT THE COURSE BEFORE SIGNING UP?



YOU GET FULL LIFETIME ACCESS TO:

YOU GET ACCESS TO THE COURSE AND ANY UPDATES TO THE CONTENT FOR THE LIFETIME OF THE COURSE!

YOU ALSO GET:

- STEP-BY-STEP VIDEO GUIDANCE THROUGH VARIOUS BREATHING TECHNIQUES
- ACTIONABLE, PRACTICAL, AND EASY BREATHING TOOLS YOU CAN USE IN STRESSFUL SITUATIONS NO MATTER WHAT LIFE THROWS YOUR WAY
- BREATHWORK AUDIOS TO HELP YOU FEEL LIGHTER, GET CLARITY, RELEASE BOTTLED-UP EMOTIONS THAT ARE SECRETLY DRAINING YOUR ENERGY, AND BUILD RESILIENCY.
- CONFIDENCE TO GUIDE YOURSELF THROUGH BREATHWORK AT ANY TIME

PLUS BONUS HEALING AUDIOS INCLUDING:

- SOOTHING BREATHWORK
- INTEGRATION BREATHWORK
- CORD-CUTTING BREATHWORK

[Get the course info here](#)

HI THERE!

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. **YOU HAVE A UNIQUE WAY OF HEALING!**



I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!

The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days. And sometimes, you need an ugly cry or visceral yell to get all this shame, guilt, anger, sadness, and frustration to gain clarity, trust yourself, and feel stronger in your discernment.

That's why I created this course to give clients like you a safe container to fully surrender and release all those pent-up emotions draining your energy in the privacy of your own home, whether it's 2 pm or 2 am.

I CAN'T WAIT TO WALK ALONGSIDE YOU THROUGH YOUR DEEP EMOTIONS AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



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