BODY MIND BREATH

IS IT THE PRESENT ... OR THE PAST REPEATING?

BY ASH MAGUIRE

WELCOME

Hi There!

We often respond to life not from the present, but from the past living through us.
This workbook is a space to gently explore whether the problem you're facing is actually a reflection of an old wound, trauma, or repeating pattern—and to bring your body and breath into the conversation so that healing can begin.

Use this guide when you feel stuck, triggered, or confused. You don't need all the answers—just curiosity and compassion.

Ash Maguire

ABOUT ME

Hi, I'm Ash,

I help women step out of repeating patterns, release old wounds, and reconnect with the wholeness they've always carried. My work blends coaching, somatic practices, and conscious breathwork to guide you through the body, mind, and breath — so you can feel safe, free, and fully yourself.

I've seen firsthand how life can feel fragmented when we live as separate parts — the body we ignore, the mind we overthink, the breath we barely notice. Through this workbook, I want to guide you back to yourself, helping you remember that you are whole, complete, and deeply loved — exactly as you are.

Let's step into wholeness together.

HOW TO USE THIS WORKBOOK

- Set aside 15–20 minutes where you won't be disturbed.
- Have a journal and pen nearby.
- Move through each step in order: Body → Mind → Breath.
- Be gentle—there's no right or wrong way.
- Repeat often; each time you'll discover something new.

SETTING INTENTION

"What you mean when you do a thing will always determine the outcome." – Brenna Yovanoff

Use this space to capture your intention for this workbook and what you have noticed that has lead you here.

Here are some reflective questions to support you:

What do I most want to feel when my body, mind, and breath are in the present instead of stuck in past memories?

What am I ready to invite or release in order to return to the present?

Now capture your intention for the way you want to live.

SECTION 1:
DROP INTO THE BODY

SOMATIC PRACTICE: Present Body Scan

Why it matters: *The body tells the truth before the mind does. Tuning in helps you sense if this moment is familiar and therefore still gripping you from the past.*

Practice:

Estimated time: 5–8 minutes

1. Sit or lie down in a quiet space. Close your eyes.
2. Gently scan from the top of your head down to your feet.
3. Ask yourself: Where am I holding tension? What's tight, numb, hot, cold, or buzzing?
4. Place one hand on that area. Breathe into it.
5. Whisper to yourself: "I'm listening. You're safe to speak."

Capture what you notice.

SECTION 2:
JOURNALING PROMPTS

Why it matters:
In order to break repeated patterns, it's important that we see or have awareness that they are repeating first.

Awareness is always the most powerful and important step.

Prompt 1:

What's actually happening? Describe the situation that's upsetting or confusing you. Be specific.

SECTION 2:
JOURNALING PROMPTS

Prompt 2: Have I felt this before?

- What other times in life have I felt this exact way?
- Who or what does this situation remind me of?

SECTION 2:
JOURNALING PROMPTS

Prompt 3: How did I learn to respond like this?

- Was this response modelled in my childhood?
- Is this a younger version of me reacting?
- Think back to your earliest memory of when you felt similar or a similar situation. What happened and who was there?

SECTION 2:
JOURNALING PROMPTS

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Prompt 4: What does my body feel when this happens?

- Notice the physical sensations. What's happening in your breath, chest, stomach, throat?

SECTION 2:
JOURNALING PROMPTS

Prompt 5: What part of me needs love right now?

- Imagine the version of you that first felt this pattern. What does she need to hear, know, or feel from you?
- How old is this version of yourself that needs to be taken care of?

SECTION 2:
JOURNALING PROMPTS

Prompt 6: What is the story or pattern that you can see?

- When you experience these situations what experience is held in the Body?
- What story/ words does your mind tell you? E.g. I am not safe, I am not important, I am not worth love, I need to ear love?
- Is this story on repeat in your life? What is it robbing you of?

SECTION 2:
JOURNALING PROMPTS

SECTION 3:
BREATHWORK TO RECLAIM THE PRESENT

Why it matters:

Breath is your bridge back to the present. It shows your nervous system that it doesn't have to repeat the old story.

Exercise:
4-4-8 Grounding Breath
Use this after journaling or when you're flooded with emotion.

1. Inhale through the nose for 4 counts.
2. Hold the breath for 4 counts.
3. Exhale gently through the mouth for 8 counts.
4. Repeat for 2–3 minutes.

As you breathe, repeat:

- "This is a new moment."
- "I am safe in the now."- or words that will require the current story personal to you e.g I am worth love/ It is safe to rest.

SECTION 3: BREATHWORK TO RECLAIM THE PRESENT

Capture your reflections and any words that come to you.

SECTION 4:
PATTERN OR PRESENT?
CHECKLIST

Now bring it all together:

When we are experiencing a situation that triggers us and we feel like the response that we have in our body, mind and breath is out of balance with what has happened or you feel gripped by it and cannot move through it or you think about it for days after the event, you are reliving an old experience now in the present.

This causes you to get stuck in a repeated cycle that holds you back. It keeps you in the past, in a younger version of yourself that cannot find the freedom, peace and happiness you are looking for.

When you are in those moments ask yourself these questions:

- Am I reacting bigger than the moment calls for?
- Is this a familiar feeling or narrative?
- Does this resemble something from my past?
- Am I trying to protect myself from something I used to fear?

If you answer “yes” to any, this may be a pattern or trauma response.

SECTION 4:
PATTERN OR PRESENT?
CHECKLIST

Now ask:

- What do I need in this moment to feel safe, seen, and supported—without abandoning myself?

- Repeat the breathwork in Section 3 & give yourself what you need.

SECTION 5:
INTEGRATION PRACTICE

Why it matters:

Body, Mind and Breath flow as one. Connecting these 3 parts of ourselves creating a complete environment for deep healing.

Closing Reflection:

How can I carry this awareness into my daily life?

How can I use this in my daily life and begin to identify these patterns that keep me from what I truly want and who I truly want to grow to be?

What one Commitment can I make to myself as I outgrow these patterns?

SECTION 5:
INTEGRATION PRACTICE

TRANSFORMATION IS NOT ABOUT BECOMING SOMEONE NEW—IT'S ABOUT REMEMBERING WHO YOU ALREADY ARE BENEATH THE OLD STORIES.

WHEN YOU MEET YOURSELF ON ALL THREE LEVELS—BODY, MIND, BREATH—YOU CREATE SAFETY, SPACE, AND THE FREEDOM TO LIVE FULLY

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🌿 MAY THIS PRACTICE BRING YOU CLOSER TO YOURSELF, AND OPEN THE DOORWAY TO LASTING TRANSFORMATION.

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

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