

press kit

## ABOUT PODCAST

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## ABOUT

Alyse Bacine is a Breathwork Practitioner, Spiritual Mentor, and the CEO of Alyse Breathes LLC. She has her Master's in Counseling Psychology and certifications in both Social Emotional Learning and Mindfulness Practices, as well as an extensive background in the mental health field where she served as a school counselor for 10+ years and received a grant to implement Mindfulness to her school. Knowing that she always wanted to expand her mission of healing familial and ancestral trauma, and normalizing mindfulness, meditation, and breathwork practices, she opened her own business and quickly became a six-figure mentor. Alyse helps high-achieving women that feel stuck in their wealth, partnership, psychic abilities, and/or trauma, transform their current realities to get to their next-level selves. Her programs are deeply rooted in healing so that women can navigate work, love, and life as powerful leaders, without the burden of trauma playing a role in their highest potential.



## PODCAST

For many years, our consciousness has been hijacked by societal and cultural programming, religion, the media, and familial and ancestral trauma. Reclaiming Consciousness is a podcast dedicated to exploring how so many spectacular humans are waking up, exiting the matrix and fully reclaiming their consciousness.

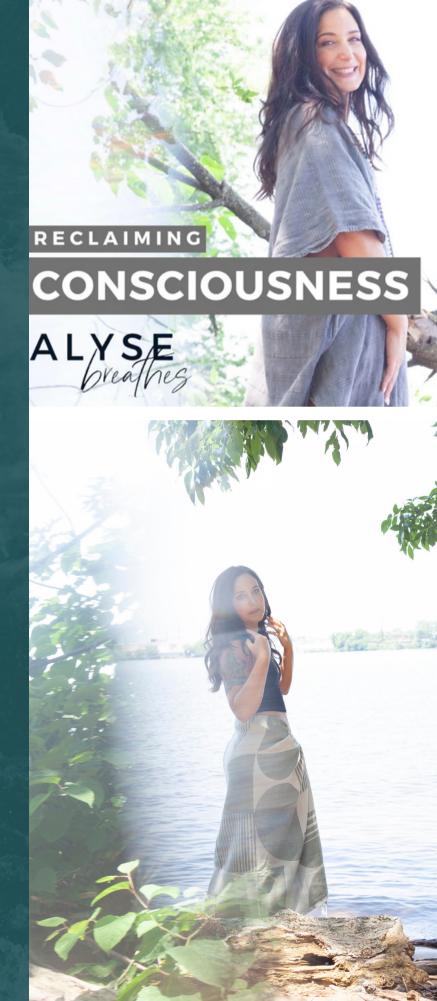
In this show you'll meet exceptional people who are paving the way in raising consciousness and creating a new way of living on this earth. This podcast is your roadmap to deprogramming from the matrix and contributing to creating the new earth.

## FORMAT

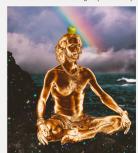
spirituality | wellness | intergalactic 60 minute interviews

## PAST GUESTS

Andrea Donnelly Jocelyn Kelly Reid Ali Levine Jennifer Longmore Jenny Miller



#### Abundance Manifestation: Shifting Away From Scarcity



The Abundance Mindser

#### The Process

#### Signs You Are Operating From A Scarcity Mindset

#### Tips to Achieve an Abundance Mindset

#### Do the deeper work.

#### Get the energy moving.

through trauma and i nu use the breath, you

#### Journal, uncover limiting beliefs, create affirmations.

allow you to delve into the fear that is driving your lack-based thought pat fear. "What is making you scared? What is making you feel insecure? Confr

Redirect.

Structure your time to prioritize the work.

# ESS

#### *she*knows

#### What Is Shadow Work? Witchy Ways of Understanding Your Mind & Mental Health

#### Alyse Bacine, Spiritual Mentor, Breathwork Practitioner, and CEO of Alyse Breathes

#### How does shadow work relate to the work you when it comes to shadow work?

work is at the crux of what I do. My psychic hat you're unaware of, aka your shadow. I th

#### When it comes to uncovering shadow work doing what you do, hov people approach uncovering it using these modalities?

it are some "at home" techniques that people might be able to do to help erstand their shadow and heal it?

eally do this work in an impactful way, you will want to receive support. H in, I would recommend breathwork. This allows us to release energy and the body. Lactually have a free heathwork session, quided mediation an



#### On A Soul Level: Breathwork, The Akashic Records, and Healing with Alyse Bacine 🛽

-50:37

Alyse Bacine, breathwork facilitator, healer, and akashic records reader joins the podcast to share her experience finding her true calling and how she uses her experience in the mental health field to suppr and calde her client



#### Your Trauma to Anchor in The New Earth

Mental Health

Todays episode is about healing modalities for your trauma. We are chatting with Alyse Bacine (https://www.alysebreathes.com/), Spiritual Mentor and Ascension Activator about her awakening and how it became her life's work, tools to heal trauma in your unique way, Pleiadean energy and why it's helpful into today's world and how breathwork is the quickest way to move energy. If you want to hear how to get your own library card to access the Acaebic Beccer be aure to tume into this eincided.



Power Women: Alyse Bacine of Alyse Breathes On How To Successfully Navigate Work, Love and Life As A Powerful Woman



ing your power. As women aming, or conditioning of the subconscious program mind, from society that we shouldn't show up in ou fullest and unique potential, because it will make other people feel uncomfortable. Due to this assumption, we play small and are afraid to speak our minds, come up with innovative solutions, be authentic, and ultimately show what we're really capable of. We hide parts of ourselves in order to not disturb the status quo. This is NOT how women become successful. At every obstacle, I've had to dig deep inside myself and let go of the worry to make other people feel uncomfortable. And yes, while I'm sure I've made people feel uncomfortable by being authentic to myself, I've inspired and activated just as many people, if not more.

#### rē∙spin

#### How and Why to Achieve High Vibe States for Emotional Wellness



\*Being human means we experience an entire spec CEO of Alyse Brea thes Fear

#### What is a High Vibe State?

and living beings," says Arna To associate of The So

user in a volume of <u>intermediate</u> **CNNEII**, the founder of **Derssie Roous CNNEII**, is and state exists to your energy frequency being at an optimum level— arb higher is in (\* 5% execution that a healty frequency for the human hoof (All is between 67-25 M HE merced as leelings of peace, clarity, love, and Joy. "Living at a ligher vitation means be of gradules, harmony, convectedness, and understanding from oe dns." Balania adda. al states correspond to feetings stemming from hear, like scarob sent, and separation. We all fall victim to these states occasional initual (or energetic) body is the first to be knocked of 4-kites. By sysical toxicity all lower your vibration, resulting in physical feelin al energy. "When we are vibrating at a low level, we are [also] m aread (amenical backing the low level, we are [also] m

#### The Shift Into High Vibe Living

Tending to your vibration requires <u>self-awareness</u> — rec alignment, and then conscioually recalibrating. You can "Living a high vibration isn't something you just decide

#### Choosing Consciousness and Inner-Work

 nt, consider whether you are acting from the soul's auth houlds" based on past fears, or what your family of ori fam I making a decision based on a reaction to somethin aligned with what my soul desires in the present time?" as deeps jugged with what my load denses in the present them?" where high much also much haloss and addication possible through a process of enror ting — releasing the suppressed enrorsion, sumaic traverus, and intrimp beliefs that tags that is a single processing through the present enrorman theory and the single processing the single single processing through the present enrorman term of the single single

#### High Vibrational Practices to Anchor Your New Reality

The Sull poet Rumi once wrote that "there are hundreds of ways to kneel and kiss the gr is with high vibe living. Request O'Nell points out that even deep <u>deep</u>, or <u>yoga</u> or GI G can build the vital energy (i.e., prace of that hores your vibration, like norting that me <u>sourcentre</u>, aromaterany, and <u>yourd therapy</u> are also wonderful complements to com-solit build the vital data workshold in successful and of lash hore for out! The orthoonal diets (

Sing your ideal balance is a fun part of the journey, but our experts unanimously reference atwork and <u>energy work</u> as two of their favorite vibration-raising practices. Along the way, leil's product line (like her <u>timalayan Detox Salts, Energy Doos</u>, and <u>Bestoo Aura Sorag</u>).



Episode #139: The Miracle Frequency with Alyse Bacine JUST REALIZED Entrepreneurship

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Today on the podcast tune in to hear my latest Akashic Record reading with Alyse Bacine.

Φ

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Alyse is a Spiritual Mentor, Breathwork Practitioner, and CEO of Alyse Breathes. She helps individuals who feel stuck, whether it be in wealth, healing, psychic abilities, partnership, or trauma, transform their current realities by trapping into their Asabic Records, channeling messages, and communicating the core reason for why they're experiencing an undesired reality. From there, she provides tools to accelerate change; and personalized breathwork to move any stagnant energy out of the body. of the body

In this episode



#### #89: Healing Ancestral TRAUMA Through BREATHWORK & Energy Healing | Alyse Bacine A New Way of L iving

Alternative Health

In this episode of A New Way of Living, I interview Alyse Bacine about energy healing through breathwork, ancestral trauma, cutting negative energy, and the akashic records.

Alyse is a Breathwork Practitioner, Spiritual Mentor, and the CEO of Alyse Breathes LLC. She has her Master's in Counseling Psychology and certifications in both Social Environal Learning and Minfdulness Practices, as well as an extensive background in the mental health field.

I'm having Alyse on the podcast knowing that she always wanted to expand her mission of healing ancestral trauma, and normalizing and normalizing and normalizing and normalizing achieving sevenen that fu attuck in their wealth, partnership psychic abilities, trauma, and transform their current realities to get to their next-level selves.

#### Connect with Alvse Bacine

Connect with Alyse Bacine Website: alysebrahes.com Instagram: https://www.instagram.com/alyse\_breathes/ Facebook: https://www.facebook.com/alyse.levy Podcast: Reclaiming Consciousness, https://podcasts.apple.com/us/podcast/reclaiming-consciousness/id159666639

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### Ep 186: Alyse Bacine - Healing

Chakra Girl Radio

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Akashic Records be sure to tune into this episode!

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Alyse Bacine

Podcast

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