

ONE MOON PRESENT QUICK START GUIDE
BREATHWORK MEDITATION RECORDING INCLUDED

THE
**HEALING
POWER**
OF



SELF-LOVE

BORUT LESJAK

BOOKS BY BORUT LESJAK

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BORUT LESJAK



QUICK START GUIDE

**A RADICAL HEALING FORMULA TO
TRANSFORM YOUR LIFE IN 28 DAYS**

STUDIO ✧ BLEST

ONE MOON PRESENT QUICK START GUIDE
A Radical Healing Formula to Transform Your Life in 28 Days
Love Yourself Through Hard Emotions and Hard Times
By Borut Lesjak

LOVE YOURSELF THROUGH series, book 1

www.onemoonpresent.com
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QUICK START GUIDE

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Introduction

Welcome to the quick start guide to the ONE MOON PRESENT healing formula!

In this booklet, I did my best to present everything you need for your first step on your path of healing in a concise yet clear manner. I want to help you feel and know the essence of healing within five minutes of reading, so you will at once want to try the practical work with my 7-minute breathwork meditation, which you can access freely at this link: **freemeditation7.onemoonpresent.com**. From then on, you will know how to proceed!

The intent of this quick start guide is to introduce the basic healing tools that I've been practicing with and teaching for eight years—tools which may change *your* life for the better as well. I write further about healing and this powerful formula in my book *One Moon Present* and in my series of books *Love Yourself Through* that follow. Check the end of this booklet or visit **www.onemoonpresent.com** for more information.

For all of you who seek change, perhaps because you feel that you got stuck somewhere in your lives, I devised a complete set of five practical tools that I'm calling ONE MOON PRESENT. These simple tools, when applied in a dedicated and steady fashion, will bring about life-changing and lasting results.

Eight years ago, I hit rock bottom myself. From the black pits of despair I saw no light of hope anywhere. My life force was spent so utterly that I wasn't even seeking healing at all. But chance, intuition, or Spirit—however you call it—brought me to a healer, teacher, and author named David Elliott and to his method of

healing which is based on *self-love*—something I didn't know much about back then.

Sheer curiosity drove me to immediately test the central tool of healing: an ancient pranayama breathwork meditation which carries the power of opening our doors to the subconscious, soul, and mind, and shining light on our resistance, confusion, and denial. The power is in fact, ours—*yours*, dear reader—and we only have to do the work to claim it. And when I did the breathwork, all my hopes were restored from a seemingly hopeless situation, the way the glowing light of a full moon appears from behind a heavy cloud. So I rolled up my sleeves and chose healing in my life!

I firmly believe there is but one single requirement for our healing to happen: that we sincerely and consciously choose it. We don't need a perfect understanding or long preparations. As soon as we unconditionally decide on healing, Spirit gets involved in the process and takes over in a way so subtle that we may not be aware of it at first. It watches over us and supports our every step—even when it seems we are going backwards instead of forwards. And when I say Spirit, I mean a higher power of all there is—Mother Nature, the Universe, God—but I also mean your soul, your higher self, and your essence, because to me there is no separation between the above and the below.

Why do we even need methods, tools, books, and teachers, if our choice alone is enough?

We really don't. But when that's hard for us to believe, there's nothing wrong with helping ourselves in any way that feels good. When I lead my healing sessions and programs, I'm careful to step out of the way and leave the participants to sense their own power of love and to create trust in themselves and their own capacity of healing—the capacity to *be* a healer.

I prefer to work with tools of a practical nature, which help us to release the control in the mind and to consciously move into the heart—the seat of our true essence, our soul.

The scope of this quick start guide is limited, but in my book *One Moon Present*, I thoroughly describe these tools I use daily and which constantly teach me and bring joy and fulfilment to my life. In that book, I provide you with some basic theory—for the inquisitive mind—even though we can work well without it. However, I trust many will find it interesting. In the last part of *One Moon Present*, I share a sampling of stories from my life as inspiration and examples of putting this formula into practice. See the back of this guide for more information about the *One Moon Present* book and the other healing tools I offer.

If you decide to start with the shorter version—which goes straight to the work and tells you just as much as you need to know to embark on the journey of healing with ONE MOON PRESENT formula—this quick start guide is for you! It's freely available for everybody on **onemoonpresent.com** and upon subscribing to my no-nonsense newsletter you will also receive gifts, including the ONE MOON PRESENT *Quick Start Guide* audiobook, a 7-minute breathwork meditation, and a set of beautifully designed cheat sheets, containing concise instructions for your daily practice of the five tools of ONE MOON PRESENT.

And that is all you need for your healing!

So, are you in for a test-drive and willing to take another twenty minutes to leaf through this guide and try your first breathwork? That alone might get you to feel Spirit moving through you and convince you to commit to a daily healing practice for the duration of one moon cycle. Will you choose healing?

The choice is yours!

One Moon Present

What is the ONE MOON PRESENT healing formula?

Simply put, it's a set of individual tools and methods of healing, combined in mutual agreement and synergy that in time lead to life-changing and lasting results.

After years of experience with practice and teaching of healing in various formats, I gathered and intuitively arranged five key elements which I wholeheartedly believe will invite an unimaginable change to your life when used with steady dedication.

The formula works if you do *your* work, in an attentive, sacred manner. And when I say “do,” I mean that you choose to bring healing into your life and you *exchange* with this method daily, as much as you can.

Where attention goes, energy flows. As you focus your attention on the healing exercises and meditation, your daily life energy is not wasted on old, self-destructive patterns of behavior, but is redirected to the fullness of your experience of beauty, joy, and love instead. The ONE MOON PRESENT tools help you focus on the flow of energy.

The formula follows the moon cycle. According to ancient shamans, the time of the new moon is most propitious for the dreaming of new visions and opening to new paths. I invite you to start your healing work cycle then. But even if you join in later, the moon will help you get in tune with its rhythm, so there is no cause for concern.

For the duration of one moon cycle, 28 days, you will commit to devoted practice of all five tools of the formula—but feel free

to adapt your daily schedule according to your inner needs and external circumstances.

Your healing will reach its peak at the full moon when clarity and the light of awareness will inundate you, and you will sense the support of Mother Nature the most—even though She truly does support you equally at all times.

Your healing cycle will end as the moon wanes and you ground the lessons received. Then you will be ready for a fresh moon cycle—a new spiral of awakening awareness and learning self-love!

If you want to get the most out of the ONE MOON PRESENT formula, I honestly invite you to keep *exchanging* with it in your heart, from day one on. Take your time with it—and take the time for yourself, for your healing. How important is that to you? Only you know.

The ONE MOON PRESENT formula works best if practiced daily.

The subsequent chapters delve deeper into each of the five tools of the formula. If you read the *One Moon Present* book or have attended any of my events you can quickly leaf through and allow your intuition to point out anything you might have missed before. If you are new to this I recommend a more involved approach. But if you get bored easily by theory and a heap of big words, just save the theory for later and jump straight to the exercises.

For every tool, I prepared a one-paragraph extract at the top of each chapter. Also, special “cheat sheets” are provided at the chapter’s end, with all the instructions you need for doing the work. And doing the work is key here—it’s what will make all the difference.

Don’t just take my word for it: try it!

Good luck.

Cheat Sheet: One Moon Present

START



Tool #1 — Grounding

Tool #2 — Staying Present

Tool #3 — Breathwork Meditation

Tool #4 — Creative Writing

Tool #5 — Learning Self-Love



↻ Repeat daily for 28 days



SELF-LOVE HEALING

Grounding

Abstract

Once a day, take a minute. Stand up and feel your body. Close your eyes and use your other senses. Smile. Feel your connection to Mother Earth. Let go of all control and be aware of the Flow of Oneness.

Grounding is the simplest and most elementary of all the tools of ONE MOON PRESENT. It's also the most crucial at the beginning of your road to healing.

It works best without any prior experience or knowledge—when you give in to trust. I invite you to treat *grounding* as a sacred ancient ritual.

Every day, at a time you may schedule in advance, pause and remove yourself from the everyday's noise, phones, internet, and television. Take a minute for your healing. Focus within, specifically on your body and bodily feelings.

Stand up. How does that feel? What do you feel in your legs?

If you have an opportunity, step outside and walk a few paces on earth, soil, grass, or pavement. Even if you are on the sixtieth floor, that's not a problem. Mother Earth encompasses all of existence.

Pause to engage all your senses.

Now gently close your eyes and allow yourself to experience the world through your other senses. What do you hear? Listen to all

the sounds, pleasant or not. Remember, you are grounding to the reality of *what is*.

What do you smell? Freshly mowed grass, blossoming roses, earth after the rain? Or the odor of a diesel motor? It's alright. We are opening to the world. We can feel we love it.

Do you feel the soles of your feet? What do you feel on your skin? Is there wind? Sunshine? Do you feel slightly hot or mildly cold? It's all good! You are alive.

Maybe you can even taste something? Some eastern spiritual schools talk about a connection between our sense of taste and a shift in consciousness. For example, you may discover a faint metallic taste in your mouth as your attention flows to your spiritual and energetic side.

Now *connect* to Mother Earth! This is what grounding truly means. Feel Mother Nature, smell her, taste her, sense her, intuit her deepest and sweetest essence. Love her. Touch her heart. Be her heart!

Connect to Mother Earth and let go completely.

If you'd like, you can now open your eyes and look around. You are here. Perhaps you can now see the world in a new, fresh way.

Relax completely and let go of everything. Trust. Life is good. Love is in the air.

Cheat Sheet: Grounding

START



- #1 — Silence your phone (and mind)
- #2 — Stand up and feel your body
- #3 — Close your eyes and smile
- #4 — Listen, smell, feel, taste
- #5 — Connect to Mother Earth
- #6 — Let go of all control
- #7 — Be aware of the Flow of Oneness



GROUNDING

Staying present

Abstract

Pause and look around you. Draw a deep breath and feel it in your body. Take your time and listen to your heartbeat. Remember you have a choice. Ask yourself who you truly are. Feel alive. Feel happy and grateful to be alive. Intend to stay awake.

Repeat many times a day.

Stop.

Look around you. What do you see? What attracts your attention?

The shape of a flower reaching upwards, a pair of pink and orange lamps by the TV, a wooden pencil on your desk?

Focus on one object. Stay with it. There's no hurry. Go deeper and feel the essence of whatever you are observing. Connect to it. Love it.

Now close your eyes and draw a deep breath. Let go. Simply be.

Take the time to feel your body, your organs, your tissues, your blood, your breath. Notice your posture, and whether you are holding any part of your body in tension. Is your spine proud and alive? Notice your jaw.

Open your eyes. Slowly. Who are you, right now? This is your life and now you are aware of it!

In a single flash, remember your own flow through time in the grand scheme of things, from your birth to your dying day. Are you aware of your impermanence, but also of your eternal nature?

We could say that staying present is the practice of constantly re-awakening to who you truly are—in this particular now. Who are you? Keep asking the question without looking for a definitive answer. Awaken to your deepest sense of your identity.

Awaken to your innermost choice.

Now, in your imagination, go out there and imagine yourself living fully—as if your vision were already happening.

Staying present is meditation. You can practice it many times daily. Together with other ONE MOON PRESENT tools, it will help you awaken, first today, and then again and again. Gradually, your awakenings to a higher, expanded consciousness will become something normal—but never a routine. Routines and autopilot behavior are the opposite of consciousness. You can use the staying present tool, on the spiritual level, to break out of your routines.

Nobody really knows how we reach enlightenment. But when Spirit moves through us, something opens up. We become larger, more all-encompassing. Awake. Present. Clear.

I believe in tiny, quantum enlightenments that we experience every day. They can be stimulated by meditation. In my experience, a regular practice of breathwork meditation is the best for training and nurturing awareness. In addition, tools and techniques like *staying present* can be used practically anywhere and anytime to boost our practice.

In addition to the basic method for awakening awareness described above, we can help ourselves throughout the day by two other simple exercises.

The first one is called *quantum breath*. I recommend you do it many times a day, every day. I have my phone alarm set to alert me when it's time for *quantum breath*.

Quantum breath is powerful in teaching us to stop and pause anything we might be caught doing without hesitation, and take a single precious minute for our healing. As soon as the alarm sounds, we flip a switch and let go of everything else. We close our eyes and focus inwards. (Except when we are driving a car or babysitting toddlers!)

Quantum breath is extremely simple. You can breathe through the mouth or the nose, as you wish. First, inhale a slow, deep breath for the count of four—the unit could be seconds, or not, it doesn't matter—and you can go faster or slower, again, as you decide. Second, hold the breath in for the same count of four. Third, gradually release the breath out, while counting to four the same way. And lastly, hold your breath out, again for the same count. You just did four stages of equal duration: inhalation, pause, exhalation, pause.

That was one quantum breath. Repeat it three more times: four in total. It will take you roughly a minute to complete the whole exercise.

Be patient with yourself as you learn. After you get some experience with it, you can embellish the inhaling phase by visualizing, imagining, or sensing how your soul, or Spirit, is entering your body. While you hold the breath within, you can feel “complete, fully present, truly You.” During the exhalation, you can imagine releasing everything temporary and ephemeral from your body and connecting directly to the Source or to all there is. And when you hold your breath out in the last stage, you can be aware of “being One with All.”

I learned *quantum breath* from a mysterious teacher and a prolific and diverse creator, James Mahu of WingMakers.

The second exercise is almost too plain to call it an exercise, but it's incredibly effective. I borrowed it from shaman and author Carlos Castaneda.

Simply put, you will do your best to stay as present as possible when executing your everyday tasks. As a way to gauge how present you are, every time you put on your shoes or socks, or remove them, make sure you do the left foot first and then the right. You will see how often you find yourself forgetting all about it and performing this mundane task routinely, as we normally do.

Intend to remain awake.

The key lies in developing awareness. As soon as you get used to putting your left shoe first and it becomes a routine for you—then there is no sense in practicing it any longer. At that point you should change the rules. For example, switch from *left first* to *right first*. And by all means, feel free to modify and apply this exercise to anything in your daily life. With this technique, everything that you do routinely can be used as a training ground for your awareness.

Cheat Sheet: Staying Present

START



- #1 — Pause and look around you
- #2 — Take your time and feel inside
- #3 — Remember you have a choice
- #4 — Ask yourself who you are
- #5 — Feel alive
- #6 — Feel happy and grateful to be alive
- #7 — Intend to stay awake



STAYING PRESENT

Cheat Sheet: Quantum Breath

START



- #1 — Inhale slowly for the count of four
- #2 — Hold your breath for the count of four
- #3 — Exhale slowly for the count of four
- #4 — Pause for the count of four



↻ Repeat four times in total



QUANTUM BREATH

Breathwork meditation

Abstract

Meditate daily with any of the breathwork recordings of your choice. I recommend using the specifically designed 7-minute meditation *One Moon Present* which you can find at this link: **freemeditation7.onemoonpresent.com**.

I firmly believe this tool is central to healing and key to everybody's well-being in life. Practicing this powerful, gentle, and active meditation daily restored my energy, my hope, and my trust in love.

After more than eight years of staying present and exchanging with the meditation, I can safely say that it saved my life and my soul. Yes, I know: a bold statement, but one that I can testify to and show up for.

Even if you don't feel confident about using the other four tools, breathwork meditation alone will lead you, gradually and steadily, through the hardest days into more consciousness and self-love—simply by practicing it.

How is breathwork meditation done?

Simply put, you lie down on your back and breathe consciously through the mouth in a two-stage pattern while listening to a guiding voice and relaxing music. Near the end you start to breathe normally again, relax, and recharge. Keep your attention focused on your body and feelings, and let your emotions flow freely when they arise.

Before we delve deeper into explaining the breathing technique itself, I'd like to share a few words about the quantity and quality of your practice.

Meditate as much as you can, even when it gets gritty.

Meditate as much as you can, even when life gets gritty—or especially then. Regular practice packs special power, but I find it better not to obsess about doing it *every* day without exception. We are human beings living in a real world and anything can happen. Let's trust we will find the time and be grateful for each occasion we are able to meditate.

Treat breathwork as sacred.

Treat each time you practice breathwork meditation as a sacred ritual. Let the quality of your meditation be the best you can give to yourself. Sense your exchange with the meditation, breath, and Spirit. Therein lies all the magic. It is what makes the meditation special.

Meditate in a space where you feel good and nobody will disturb you. Relax comfortably. Get a blanket ready in case you get cold—when the energy starts to move, that can happen against all odds. You can use an eye pillow to cover your eyes and help the mind calm down even more. As you lie down on your back, don't prop your head too much—make sure your air passages remain clear. And—don't be too serious. Smile before you start.

Why so serious? Smile.

Just before you start with the active breathing, it's the time to set your intention, or *intent*. Setting your intent is as easy as choosing what you want to bring into your life or remove from it. Trust your intuition and dare to follow your deepest dream. Choose the next step on your life's path. Create it. Feel what is calling you the loudest. And if your own dream scares you and you sense resistance—good! We can use that as fuel for self-love.

Set your intent and feel it already manifesting.

You will breathe actively, always through the mouth, in a two-stage pattern: two inhalations, one exhalation. The voice on the recording will lead you and kindly remind you to keep the rhythm every time you get distracted and forget it. With the first inhalation of the two, bring the energy from the depths of the universe into your lower belly, below your navel, around the sexual organs. Use the second inhalation to lift the energy through the heart into the upper chest, almost to your shoulders.

Two breaths in. One breath out. Through the mouth.

As you keep breathing like that, your heart will steadily open to a gentle and loving feeling of safety. You will focus on your sensations and create trust. Above all, you will give yourself permission to open your heart. To make that easier, you can recall fond memories and love.

Focus on your feelings.

If any kind of resistance appears, you can choose to keep breathing. Breathwork is like a training range where we learn to

develop consciousness—which we can then use in our daily life whenever we bump into a similar kind of resistance. If we are able to remain aware of our breathing and follow the two-stage pattern during all of our resistance, we can stay clear and present even through the hardest times and hardest emotions. That’s how important our work with breath and resistance is. Our only task is to awaken from the grip of resistance every time it comes.

Awaken from the grip of resistance.

In time, exchanging with the breathwork meditation will teach you more about yourself and about self-love. Each meditation will offer you the chance for a tiny enlightenment, which will add on and accumulate in your awareness. Sooner or later, you will be surprised to discover unexpected changes in your life: in a fresh way, you will be able to accept certain things that used to bother you or tax you emotionally. You will step into your own power of love—which is when everything changes.

Self-love is key to healing.

There will come a time when you will sense a pleasant vibration in your body and nervous system during the breathwork—a vibration reminiscent of electricity, a tingling sensation, shivers, or just a variation of the temperature. That’s the energy of your soul, or Spirit, flowing through you! It brings about healing on all levels: physical, emotional, mental, and spiritual. You don’t have to understand or know anything—it is best to just get out of the way and let something larger than you do its work. For sure, our soul is ever present in our body for as long as we are alive—there

can be no other way—but we can perceive our soul directly as the vibration of self-love only when our mind gets quiet enough.

Witness your soul flowing into your body.

The last part of the meditation is called the relaxation or resting—or even healing phase. The recording will remind you to switch the breathing pattern to a natural one: one inhale, one exhale—either through the nose or the mouth. You let go completely and abandon yourself to an unconditional trust in the process. Remain lying down and feeling everything that is going on, knowing it's all part of the meditation, so you don't attempt to change or fix anything. Become aware of the energy flow, connect to it, and recharge your batteries.

Revert to natural breathing and recharge.

At the peak of your experience, when you vibrate fully in the power of self-love, you will feel that your pre-established intent is taking place. The desired change—the new step on your life's path—is unfolding. In fact, you realize that it has already manifested! You will know this without a shadow of doubt—or else something in you will resist it. In such a case, be grateful to your resistance, because it is teaching you something, and in this state of clarity you are most susceptible to new insights.

Feel your intent has already manifested.

Finally, return to your body and ground again, so you can continue with your day. Feel gratitude and congratulate yourself for doing the work. If you received any visions or messages from

your soul, write them down into your journal diligently—and that is already stepping into our next tool of *creative writing*.

Ground.

A dedicated exchange with the breathwork meditation will lead you to unimaginable states. Spirit will start to move through you routinely when you go about your ordinary day, and happy accidents will follow you. Your intuition will grow and you will have no trouble trusting it. And you will be able to experience the vibration of your soul more often, even outside of the meditation.

Before long, your life will be changed. A new kind of hope will well up from your soul, one that will never leave you again. Then, you will be truly alive.

Enjoy!

Cheat Sheet: Breathwork Meditation

START



- #1 — Make sure nobody will disturb you
- #2 — Lie down on your back and relax
- #3 — Put on the meditation recording
- #4 — Set the *intent* for the session
- #5 — Do the active phase of the breathwork:
 - focus on your body and feelings
 - breathe through the mouth only
 - two breaths in and one breath out
 - breath 1 in the lower abdomen
 - breath 2 in the upper chest
 - exhale, and repeat
- #6 — Switch to the passive, or healing, or resting phase:
 - breathe naturally through the nose or the mouth
 - one breath in and one breath out
 - keep resting and recharging
 - feel your desired intent being manifested
- #7 — Return to your body and ground
- #8 — Write down any insights or visions you had



BREATHWORK MEDITATION

Creative writing

Abstract

Every day, after completing your breathwork meditation, write down your experience. Describe your feelings, emotions, and thoughts. Mark any repeating patterns. If you receive an insight or vision, record it in your log. Make up your new story and write it down.

Creativity is what helps us exit vicious circles of patterns and programs, against all odds. As we employ our imagination and intuition, and offer it our time and trust, a miracle happens.

Creativity is Spirit acting through us.

Creative writing helps us focus our healing and ground it. It is more than just scribbling down words and sentences. It all starts with profound clarity and conscious observing. Doing that—together with practicing the other components of the ONE MOON PRESENT formula—will help us see through the fog of our denial and resistance. It will undo the knots that hold in place the veil of our old programmed story.

Our task of creative writing will be two-fold: to track our current or pre-existing condition, and to navigate ahead. With the former we embrace our past and with the latter, our future. As we heal to our completeness, they meet in the present.

The first aspect of creative writing is called the *Captain's Log*. We are all captains of our fates and we navigate the storms of our lives, but we also sail smoothly, sometimes under moonlit skies.

After completing your breathwork meditation—or at any other time in the day—write down your experience. Describe generally how you feel and where you are at. Write in some detail about your body position and feelings, your emotions, and also some of your repeating thoughts.

Focus on the extraordinary: whatever calls upon you or signals you. You don't have to transcribe every insignificant little thing, just record that which offers itself to you on its own.

Write honestly about who you are and were.

Even when you don't feel like writing, make a small effort and mark it down, at least symbolically: just write a tiny minus sign in the log if you are absolutely reluctant to translate into words. Even a brief entry like that can sometimes hold you above the surface of a troubled water during your hard times and be the current that carries you to safety. Your willingness accomplishes this—the support you lend to yourself—and that is an aspect of self-love.

You can also write about your thought processes, but keep it short. Perhaps it's best to set a time limit such as five minutes. You will probably notice how repetitious your thoughts can get. Sooner or later we become bored by them. Then, it's time to gently release our old story and create a new one.

The second aspect of creative writing is the *Vision Chart*. You can keep it in a separate journal, if you wish.

Jot down all your visions, dreams, revelations, and insights you get during meditations or at any other time. Don't be alarmed if Spirit wakes you up at 3am only to reveal yet another beautiful

piece of the mosaic you are weaving. Make a conscious, joyful effort to write it down in your *Vision Chart*. Then again, if you are exhausted from your busy day and would like to appreciate a good night's sleep—that choice is also valid. Remember, you call the shots of self-love.

When you feel ready, you can make up and create a brand new, fresh story for your life, and write it down. Take your time with it. Be specific and detailed.

Envision the innermost desire of your soul. Where do you want to go? What is possibly preventing you from realizing that?

Dare to dream your wildest dream.

Before you put away your *Vision Chart*, close your eyes and deeply feel how the wheels of fortune are spinning and your new reality is being created for you.

Instead of starting from scratch, you can take a story from your *Captain's Log* and rewrite it for your *Vision Chart*. That's not cheating. In fact, it's a powerful way of out-creating your old story by intending a new one. Doing that, you address the unwanted and hurtful elements of your life and replace them with the healthy, wholeheartedly desired ones.

You will see. Creative writing is pure magic! It will change your life and the way you look at yourself. Who knows, maybe you will start to realize that you've always been a healer and a writer.

Cheat Sheet: Creative Writing – Captain's Log

START



- #1 — Prepare sacred space and time
- #2 — Invoke conscious clarity about your life
- #3 — Create a new entry in your *captain's log*:
 - write down *where you are at* generally
 - describe your *body position* in some detail
 - *track* your feelings, emotions, and thoughts
 - transcribe your *stream of consciousness*
 - detect and report any *repeating patterns*
- #4 — Ground your feelings about yourself



THE BEFORE STORY

Cheat Sheet: Creative Writing – Vision Chart

START



- #1 — Prepare sacred space and time
- #2 — Sense the sparks of your creative magic
- #3 — Write down your new insights and visions
- #4 — Establish and inscribe your future intent:
 - where do you want to go next?
 - what is stopping you?
 - how can you love yourself through the block?
 - make up your new story, with specific details!
- #5 — Feel the manifestation already taking place



THE AFTER STORY

Learning self-love

Abstract

Each day find and write down another new aspect of self-love. When your wounded inner child is hurting, embrace her or him. Feel that you are in both states at once: loving and being loved. Trust love.

What is self-love?

I believe there is no universal answer and the real question is “what is self-love to you?” Not only that—it’s vital you *feel* the answer. *Your answer.*

If I had to use one general definition of self-love I’d say it is an unconditional embrace of your *wounded inner child*.

The wounded inner child is a part of us that is disconnected from our whole being. A past trauma or a rough experience we couldn’t cope with caused our awareness to split. Healing is the process of reuniting our pieces, and self-love is the super-glue.

Whenever we encounter a situation in life that resembles our original trauma, the wounded inner child gets triggered. We get lost in the diminished awareness of the wounded inner child, which is like a snapshot of our past consciousness. The mystery and nature of awareness is such that as we focus on the old memory, we become someone else in the present. We project the trapped emotions and negative expectations onto our reality in the now. The wounded inner child may be emotional in any way: belligerent, withdrawn, angry, sad, overwhelmed, resentful, or scared, and in a sense, we become the wounded inner child in that moment.

In such instances, when we act as if we were someone else, our inner response to our outward reaction may be antagonistic, because we can't accept the negative of our inner polarity. We are not okay with who we are in that moment. We judge it. We don't love ourselves. We don't love our wounded inner child, who suddenly appears to us as a foreign entity within our being. We want to get rid of that strange, unwanted part, but it is still a part of ourselves. And that is the opposite of self-love.

Self-love entails unconditional acceptance of who you are, even when you feel negative in any way—and especially then. I feel this aspect of self-love as if embracing my wounded inner child when he is suffering.

Self-love is a state of being when you love a troubling part of yourself and feel loved unconditionally.

Learning self-love is a purely practical exercise. I find many people have trouble realizing the difference between thinking about self-love and actually experiencing it; they are not the same.

In your everyday life, pay special attention to those times when you hurt within. If you stay present with it you will be able to unconditionally embrace your wounded inner child, even though that will feel hard. Jot down every such case in your journal, perhaps another document, titled *My Self-love*.

For example, when I feel terrible guilt for not spending enough quality time with my kids when I'm super busy, I pause and close my eyes and envision myself embracing my wounded inner child, embracing my inner hurt. I don't judge it. I accept myself as I am. I love myself through it.

When your day goes by without any suffering and you are grateful for that, you can still apply yourself to find at least one new aspect of your self-love—your own fresh definition of self-love.

For example, “I’m a good father even though I’m sometimes busy.” Or, “I know I’m doing the best I can as a partner.” Or, “Even when I’m exhausted from a hard day, I can still be kind.”

You can find a new gesture or a new way of expressing your self-love in practice. This can be anything at all. Perhaps you need two hours to yourself and a lavender bath with candles. Perhaps you need to not eat the chocolate cake, or you *do* need to eat it, or maybe you need to back out of an engagement you made, forgive a family member, or kiss your reflection in the mirror with a mischievous grin. Perhaps your wounded inner child needs to go outside and climb a tree. The choice is yours alone. Nobody else can know that for you.

If you commit for one whole moon cycle to staying present and lending support to yourself and your wounded inner child, many things in your life may change for the better.

Do as much of your healing work as you can. Feel that you support your own choices, whatever they are. You’ve got your back, and you know you can count on that!

Remember, it is your wounded inner child who is suffering and waiting for your embrace, waiting for your support of a true, unconditional friendship between you. You are both waiting to be reunited by self-love. What can be your next step? What can you do to help your wounded inner child feel safer and willing to come closer, to come back to you all the way?

Healing comes to us when we are patient and willing to be at our worst and our best simultaneously.

Find—no—*create* a way to unconditionally love your day, your life, and your self, and it will all come together! You will learn to appreciate the endless mystery of awareness in action.

Cheat Sheet: Learning Self-Love

START



- #1 — Feel what self-love is to you
- #2 — Write it down in your log
- #3 — Each day find another new aspect of self-love:
 - in what way is your wounded inner child hurting
 - how can you embrace your wounded inner child
 - be in both states at once: loving and being loved
- #4 — Commit to trusting love and doing the work
- #5 — Appreciate the mystery of awareness



SELF-LOVE

An example of a day on my healing path

In the snapshot of my typical healing day below, I omitted the “real life” elements of my schedule. One reason for that was to keep it simple and readable, but more importantly, I want to stress that ONE MOON PRESENT formula applies to all walks of life and ways of living. I trust you to fit it into your own unique timetable.

From as far back as I can remember, I’ve been practicing the marvelous tools of healing that I learned from many masters along the way. I combined and further developed the original tools, both through experience, as well as according to my nature and vision as led by intuition. I invite you to be inspired by my example, yet I strongly suggest that you trust your own ability as a healer and start tweaking and adapting any of the tools to your own personal preferences and circumstances.

After all, how boring would the world be if we all followed the same formula? This ONE MOON PRESENT formula is meant merely as a starting point, a catalyst of sorts to get you going—but may you learn to fly on your own as soon as possible. Generate your own trust, love, and wisdom and you will never have to seek it elsewhere again.

Good luck!

ONE MOON PRESENT Healing Day Example

- 7:21 wake up and remember that life is good and I'm walking the path of healing
...
7:34 (do yoga, tai-chi, tensegrity or similar exercises)
7:47 step outside onto the dewy grass and *ground*
...
8:14 remember to *stay present* when putting on shoes
...
9:00 use alarm to remind me to do a *quantum breath*
...
2:00 use alarm to remind me to do a *quantum breath*
...
3:54 remember to *stay present* when putting on shoes
3:56 learn a new aspect of my *self-love*
...
5:13 embrace my wounded inner child when I feel hurt or scared
...
6:15 use alarm to remind me to do a *quantum breath*
...
7:06 do the *breathwork meditation*
7:20 do *creative writing exercise*
...
9:15 use alarm to remind me to do a *quantum breath*

Healing is a sacred adventure

Indeed, it can be!

I invite you to approach this healing work softly, simply, with the merry curiosity and innocent enthusiasm of a child—and yet combine that with your hard years of experience, the sweat, the toil, the tears, and the search for healing in your life. The former will provide us with drive and passion, the latter with sobriety and balance.

No matter if you are an experienced practitioner or an absolute beginner, I warmly suggest you pay full attention, and respect your time when working with the ONE MOON PRESENT formula in order to receive as much as you can from it. The exchange will flow between you and Spirit.

Let trust enter your heart when dealing with these new tools, and they will help you on your way. Use them as your own, accept them in your life—you will see, they will make a difference if you give them a fair chance. But also, give *yourself* a chance. Therein lies the enchantment of exchange.

The enchantment of exchange is in your willingness to trust.

Ultimately, it's key you do the work. You won't access healing by using your mind and theory alone. Consciousness expands through a steady and dedicated practice. True learning of your self-love unfolds in your everyday life. Only then will your shifts be lasting. It is great if you can weave this healing practice into your

ordinary day without demanding any kind of special circumstances for your healing.

What do you say if we summarize the entire ONE MOON PRESENT formula quickly now, together?

Let's begin! I recommend that every day—for one moon cycle, whenever you start—you allocate a bit more time for yourself than you usually do. During that newly available time slot, you can do the *breathwork meditation* and right after do the *creative writing* and *learning self-love* tasks.

There is nothing more to say about the meditation—just play the recording, lie down and follow the guidance. When done, get up and jot down what you feel, what you *don't* want to feel, and what you *do* want to feel. If you find any of it difficult to do, pause to embrace your wounded inner child—then write about that experience too.

Grounding can be practiced each morning when you get up, but you can approach the timing differently if you would like. Ask your own intuition. Or you can test several ways and times and sense where the exchange feels better to you.

You can attempt to *stay present* all day long. Or set an alarm to perform *quantum breath*. Or both.

And when you are having a bad day or when something triggers your wounded inner child to suffer—remember that is your best opportunity for *learning self-love* in practice, as it comes up, going through all the denial and resistance, unconditionally. Just as much as you are able to. Be gentle with yourself.

That's it!

Here's an even shorter version: just practicing the 7-minute *One Moon Present* breathwork meditation daily for 28 days will start you up. *Just by doing that*, you already stand a chance of awakening your consciousness to the point when your energy flow opens up and shifts towards your well-being and healing.

Try it. Or better yet: do it.

These are the times when we all need healing the most. Well, perhaps that could be equally true in any other era, but *you* are alive today and your hard emotions and hard times are here and now.

My intuition and experience with healing work leave no doubt (even) in my mind: our path to a fulfilled, meaningful and loving life evolves from a strictly mind-based state to an all-encompassing heart-based state of being—for the individual as well as for humanity.

The road is paved with our awakened awareness, the vehicle to move us on this path is self-love, and the fuel is our daily exchange with the whole of our reality: the good, the bad, and the yet unknown.

You are the one who can make a difference.

The choice is yours.

LOOKING FOR THE COMPLETE ONE MOON PRESENT EXPERIENCE?



If you liked the *Quick Start Guide* and want to dive deeper into your healing process, check out the *One Moon Present* book, with its free 14-minute meditation included, or enhance your breathwork practice even further using the full-length, 28-minute meditation, that you can get *only* at **onemoonpresent.com**.

FOLLOW UP WITH THE *Love Yourself Through* SERIES.



Read more of my real-life stories about loving myself through fear, anger, and sadness in the coming-soon series *Love Yourself*

Through. Pre-order now or visit **loveyourselfthrough.com** and subscribe to my no-nonsense monthly newsletter to stay up to date with news of book launches and pre-release free offers.

GET YOUR FREE ONE MOON PRESENT HEALING QUICK START KIT!



Subscribe at **onemoonpresent.com** and get a magical healing present: ONE MOON PRESENT Quick Start Guide booklet & audiobook, a 7-minute breathwork meditation recording, and a set of beautifully designed ONE MOON PRESENT cheat sheets.

Visit **borutlesjak.com** for a wide selection of breathwork meditations and a variety of self-help, awakening, self-love, and children's books to choose from.

Glossary

These definitions are merely guidelines or inspiration to help you open up to a new-story point of view. Some are included to clarify the more obscure or less common terms (e.g. *wounded inner child*, *pranayama*, *claircognizance*) and some are listed to expand the standard definitions of well-known terms, which are used in the *One Moon Present* book and formula in a new or different way (e.g. *mind*, *awareness*, *mood*).

abuse — Any expression or experience stemming from diminished *consciousness* and lack of *self-love* resulting in unbalanced *exchange*.

awakening — A temporary expansion of your *awareness*. Exercising awakening by daily *meditation* will grow your potential for a heightened *consciousness*.

awareness — Your essence and the essence of all there is: the stuff your soul is made of. Also, your knowing of the world around you and your attention to it.

belief — A mind-based *thought* form that focuses your energy to uphold your *old story*.

block — An interruption of the flow of your life energy, usually a consequence of a past trauma or inherited pattern of behavior. *Consciousness* softens and releases blocks.

breathwork — A central tool of the ONE MOON PRESENT formula. Daily practice of breathwork will help you nurture your *awareness* and *self-love*. The breath, when you *exchange* with it, carries the gentle yet unstoppable power of softening your emotional *blocks* and restoring your energy *flow*.

chi (or life force) — The energy flowing through your being for as long as you are alive. It can get obstructed or blocked. *Healing* restores its flow.

clairaudience — Intuitive hearing and speaking, based in the throat chakra, connected to the thyroid gland.

claircognizance — Intuitive knowing, based in the crown chakra, connected to the pineal gland.

clairsentience — Intuitive feeling, based in the heart chakra, connected to the thymus gland.

clairvoyance — Intuitive seeing, based in the third-eye chakra, connected to the eyes and the pituitary gland.

clarity — The opposite of *confusion*.

confusion — A mind-based perceived lack of sense, direction, and capacity for free-will choice. *Consciousness* clears confusion.

consciousness — A sublime, divine awareness of being aware, a state of being *awakened* or *enlightened*, a non-linear *presence* with all there is, externally and internally.

control (or the mind's control) — A tendency of the *mind* to protect your being by trying to direct absolutely everything.

creativity — A direct route to *healing* by transcending your *beliefs* and using *intuition* as the compass of your *soul* to guide your *free-will* choices and create your *new-story reality*.

denial — A natural mechanism for coping with an unbearable experience. May impede the process of *healing* when exaggerated. *Consciousness* exposes denial.

ego — An identification with anything less than the whole of who you are. Tightly coupled with the *mind*, the ego personality works tirelessly to protect itself—and you—against countless potentially harmful *beliefs*. May convince you to obsessively focus on fear, anger, or sadness and thus expend most of your daily energy for upholding your *old story* instead of creating healing in your life.

emotion — A movement of energy in your nervous system and your field of energy. Emotions can get stuck and may *block* your *flow* of *chi*, resulting in chronic fatigue, stress, discomfort or illness.

energy — The underlying source of all material existence, as opposed to *awareness*, the underlying source of energy, but also of non-physical existence.

enlightenment — Clarity and *presence* of awakened *consciousness*. The practice of ONE MOON PRESENT tools gives rise to frequent, tiny, quantum enlightenments.

exchange — Your *awareness* of the interconnecting *flow* of all there is. A sacred willingness to expand and open up to life, even in the midst of *resistance*. Giving and receiving freely of the essence of yourself, others, and the Universe. An unbalanced exchange *blocks* the *flow*.

feeling — A physical, bodily sensation, as opposed to an *emotion* based in your energy field and the nervous system. Feelings, emotions, and also thoughts are tightly coupled.

flow (or energy flow) — A natural state of all existence. When your flow is obstructed or *blocked* by stuck *emotions*, past traumas, or inherited *programs*, you experience a rift in *consciousness* where your *wounded inner child* gets disconnected from the whole, and you may need *healing*.

free will — Your soul-based capacity for making *choices* and creating *reality*. Can be obscured and confused by programming, patterns of behavior, and denial. *Consciousness* reveals and illuminates free will.

God — A common name for an unknowable source of all there is. *Spirit, Universe.*

gratitude — A direct route to *healing* by opening your heart, learning *self-love*, and balancing your *exchange* through appreciation.

grounding — A sacred ritual of pausing and connecting to *Mother Earth* and soul-based *reality*.

healing — A process of improving the quality of your life by learning who you are and how to love yourself.

humor — A direct route to *healing* by opening up to the *flow* and letting go of *control*.

inspiration — An avenue of soul-based communication that can be freely used against all odds, even through your worst mind-based *confusion*, *denial*, and *resistance*. *Breathwork* is an avenue to inspiration.

intent — An unknowable force of manifesting reality which you can't control but you can still use it in a mysterious way, especially during meditation.

intuition — A soul-based language of conscious *creativity*, as opposed to mind-based *thoughts*. A limitless, irreducible, and infallible expression of your *free will*. Your *soul* may intuitively communicate to and through you in many ways; also see *clairaudience*, *clairvoyance*, *clairsentience*, *claircognizance*.

love — A *state of being*, neither a *feeling/emotion* in the belly nor a *thought* in the head. Can co-exist with any feelings, emotions, and thoughts at the same time.

manifesting — Creating your reality by focusing your energy. It can be a *free-will* choice of opening up to and bringing in more *healing*, *love*, and universal *exchange* of Oneness, or a mind-based choice, upholding the diminished reality of your *old story*.

meditation — Any consistent and dedicated practice of *grounding* and relaxing the mind, and opening up to faith and your *soul* entering your body.

mind — A complex energetic organ of perception with the capacity of creating a virtual, mind-based reality, as opposed to a true, soul-based one. Neither negative nor positive, it can and usually is usurped and programmed by the stuck energies of past traumas to keep creating a mind-based *old story* of *suffering*.

mood — A current, inner response to your *feelings*, *emotions*, *thoughts*, and *state of being*. Also, a response to other responses in a layered fashion.

Mother Earth — A matrix for Humanity. A living, sentient being, unconditionally loving and supporting all living on Her.

negative — Anything we define by resisting it, fighting it, or running away from it.

new story — A story you create by choice to bring about a change in life.

old story — A story you repeat to yourself and which may keep you stuck in life.

pranayama — An ancient, *yogic meditation* technique based on conscious breathing, with countless variants.

presence — A conscious *clarity* about what is what, on the level of *awareness*, not thoughts.

prevalent mood — An overall response to yourself and life in general. A core building block of your *old (or new) story*.

quantum breath — A simple breathing exercise to train your *presence*. See the section on *staying present*.

reality — A relative and subjective manifestation that you maintain by focusing your attention. An interpretation of your internal and external perception. Either a mind-based construct, upholding your old story, or a soul-based conscious exchange with Spirit, opening your life to your purpose and fulfilment of your mission. Or an interplay of the two.

resistance — Any *feeling*, *emotion*, *thought*, or *mood* of *negativity*—or *positivity*—that may attempt to disrupt your process of *healing* by convincing you otherwise. *Consciousness* dispels resistance.

self-love — An unconditional embrace of your *wounded inner child*. A *state of being* when you love a troubling part of yourself and feel loved unconditionally.

soul — An inextricable aspect of *Spirit* pertaining to an individual being or many (potentially simultaneous) incarnations of a Being.

Spirit — An all-encompassing, eternal *awareness* and *consciousness* of all there is. *God, Universe.*

spiritual — An aspect of absolutely everything in life that is touched by the *reality* of *consciousness*.

state of being — A consequence of *awareness* flowing through our being, e.g. love, joy, peace. Sometimes confused with *feelings*, *emotions*, or *thoughts*.

suffering — A mind-based choice to diminish your experience against the free will of your soul.

thought — A unit of mind-based *energy* which can be focused in tune with your *free-will* choices or against them, thus accelerating or impeding your *healing* process.

vibration — A physical and energetic sensation of your *soul* or *Spirit* moving through your body and your being.

vicious circle — See *vicious circle*. *Healing* transmutes a vicious circle into a virtuous spiral.

wounded inner child — A part of you that is disconnected from your whole being as a consequence of a past trauma or a rough experience you couldn't cope with. When your wounded inner child gets triggered, your *consciousness* will shrink and your choices will be limited by *confusion*, *resistance*, and *denial*.



QUICK START GUIDE

Love Yourself Through Series

If you seek healing in your life and are looking for a practical account from the trenches of somebody else's expansion that may inspire you to take your next steps, *Love Yourself Through* is one such report. Its formula continues where *One Moon Present* left off. Check out the series on **loveyourselfthrough.com**, where an ever-growing compilation of transparent, personal stories are shared, working in conjunction with the five practical tools of ONE MOON PRESENT.

Subscribe to our newsletter to keep in touch and be advised of the forthcoming sequels and other goodies—get your **FREE Borut Lesjak starter healing kit**, including **ONE MOON PRESENT Quick Start Guide booklet & audiobook**, a **7-minute ONE MOON PRESENT breathwork meditation**, and the **ONE MOON PRESENT formula's beautifully designed set of cheat sheets**, as well as the first three books in the *Ink by Star* series of koans to awaken self-love. You will also receive an occasional, never-before published chapter from both behind the scenes, and from the great beyond.

If *One Moon Present Quick Start Guide* moved you a step forward on your path of healing, please take a moment to write a brief review on Amazon—reviews *truly* help grateful authors reach wider audiences and form growing communities of mutual trust—in love.

LOVE YOURSELF THROUGH SERIES

Love Yourself Through is a series of direct, hands-on workbooks with clearly defined tools, daily tasks, and goals. An ancient breathwork technique as well as other earth-grounded modalities

are the integral ingredients to a conclusive formula called ONE MOON PRESENT that will transform your life within a single moon cycle. With a potent collection of inspirational stories as the main core of the *Love Yourself Through* books, and a practical, step-by-step guide, you will feel inspired and confident to address and recast blocked feelings or suppressed emotions, whether fear, anger or sadness. Revolutionize your life and experience well-being, health, joy, peace, and love every day—as a rule—not as an exception.

“Borut Lesjak is amazing and so are his gifts! He speaks his truth with pure love and first-hand experience, bringing to us the compassion and mission of a true healer striving to benefit humanity. He gets to the point and shares what works!”

—*Randi Maggid, vibrational shaman, breathwork healer & author*

Ink by Star Series

If you enjoy absorbing lightning-quick, quantum bursts of soul-based inspiration as opposed to musing on lengthy expositions of mind-based theory, the *Ink by Star* series of *koans to awaken self-love* is right for you! Read more about the series on inkbystar.com, where personal break-through healing creations from Lesjak's own *Captain's Log*, *Vision Chart*, and *My Self-Love Journal* are offered in 20 books and 12 box sets—and counting.

INK BY STAR SERIES

Ink by Star is a series of transparent insights into the life and spirit of a human being. Daily, Lesjak created time and love amidst storms of unexpressed emotion with a single-minded purpose: to rekindle his trust in love. Each note is a piece of a self-healing mosaic he collected from a shattered reality on his personal path to inner freedom. Vulnerable and optimistic, Lesjak exposes his earthly musings in the hope he may inspire others to ignite their own self-love and live to the fullest.

Orion

Hard-rocked by life and drowning after being fired from his dream job, getting diagnosed with diabetes, and receiving divorce papers in the mail, intuitive healer and author Borut Lesjak turned the tide and returned to life and love with the magic and soft power of a breathwork-based healing modality he practices and teaches. Embracing his shadows and learning to be present in self-love, Lesjak found himself mused by star, nature, and wonder to record original inspirational notes. Compiled now in several books, these

vignettes have been imagined by light from another realm and inked under the radiance of stars and inspired by the constellation of Orion.

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"The Snowflake is an imaginative story by Borut Lesjak that holds as much uniqueness as each and every snowflake. It warms the heart and lifts the spirit as gently as the snow landing on Mother Earth!"

—David Elliott, author, teacher and healer

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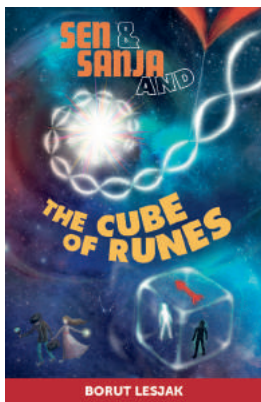
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About the Author

Borut Lesjak is an intuitive healer and author from Slovenia. Since childhood, he has been drawn to grok the mystery of existence. During the vulnerable years of his carefree youth, he awakened to the awareness of death and life, discovering a gift of claircognizance. Life hard-rocked the sensitive adult Lesjak to a state of hopeless haze until he ignited an inner choice to heal himself. Breathwork meditation coupled with creative expression opened his heart and mind to restore his innocence. Grounded by realness larger than life, he found his calling by bringing clarity, compassion, integration, and joy to this beloved planet for all to experience.

After residing and working in Australia, USA, Mexico, and Paris, France, he is now back in Slovenia growing roots with his wife and three children, offering healing work and writing books. He loves to dream, drive, travel, and hike. He is having fun.

You can connect with Borut at **borutlesjak.com** or stalk him on social media. He self-publishes, and personally reads and responds to his email at **borut@borutlesjak.com**.

“Borut Lesjak is a force of nature, and his unflinching, radical commitment to healing, growth and the transformative power of love is brought to life in *The Snowflake*, a gentle tale about the journey towards union and the magic of harmony with the wild world.”

—Sarah Berti, *mythmaker, author of the Helix Library Mythos*