

A woman with long dark hair, wearing a vibrant red long-sleeved sweater, is sitting on a bed. She is looking down and to the right, with her right hand resting on her head. She is wearing several rings on her fingers. The background consists of light-colored vertical blinds. The text "Diana Esparza" is overlaid at the top, and "NOT BROKEN" is written in large white letters across the center. At the bottom, a dark grey banner contains the text "You Are Not Broken — You Are Breathing".

Diana Esparza

NOT
BROKEN

You Are Not Broken — You Are Breathing

You Are Not Broken — You Are Breathing

A Rebirth Transmission for Women Ready to Come Home to Their Bodies

Diana Esparza

Founder of the [Warrior Goddess Rebirth Method™](#)

BEFORE YOU BEGIN

This ebook offers education, reflection and a gentle breath-awareness practice. It is not medical care, psychotherapy, diagnosis or a substitute for advice from a qualified healthcare professional.

The practice in this ebook intentionally uses comfortable nasal breathing. It does not teach extended connected mouth breathing. Deeper breathwork can create stronger physical and emotional responses and is best learned with an appropriately trained facilitator who can adapt the practice to you.

YOUR SAFETY COMES FIRST

You never need to push, prove or endure discomfort for a breathing practice to be meaningful.

PAUSE AND SEEK GUIDANCE FIRST IF...

Speak with a qualified healthcare professional before beginning breathwork if you are pregnant or have a cardiovascular, respiratory, neurological, psychiatric or other medical condition that could be affected by changes in breathing. This is especially important with uncontrolled high blood pressure, seizure disorders, glaucoma or retinal concerns, aneurysm, recent surgery or injury, or a history of psychosis or mania.

DURING ANY PRACTICE

- Practise seated or lying down in a safe, quiet place.
- Never practise while driving, standing, bathing, swimming or near water.
- Keep the breath comfortable. Do not force depth, speed or retention.
- If you feel dizzy, faint, panicked, painful, numb or significantly uncomfortable, stop and return to your natural breath.
- Seek urgent medical help for severe or persistent symptoms, chest pain, fainting, one-sided weakness or numbness, or difficulty breathing.

CHAPTER ONE

THE MOMENT YOU STOP CALLING YOURSELF BROKEN

An opening invitation

If you are reading this, something in you may be tired—not simply tired from a busy week, but tired from the distance between what you carry and what you allow yourself to receive.

Maybe you are the woman who gets things done. You anticipate what others need. You solve the problem before anyone else notices it. You are reliable, intelligent and capable—and somewhere inside all that competence, you have become difficult to find.

You may have tried to think your way back to yourself. You may have collected explanations, routines and strategies. Still, the body can remain braced while the mind understands exactly what is happening.

REMEMBER

You are not broken. You may simply be breathing in the way you learned to survive the life you have been carrying.

This transmission is not here to fix you. It is here to help you notice yourself without judgment, make room for sensation and begin rebuilding a relationship with your own body.

You do not have to become less ambitious, less responsible or less powerful.
The invitation is to stop abandoning yourself in order to sustain those
qualities.

CHAPTER TWO

WHEN COMPETENCE BECOMES OVERDRIVE

Recognizing the pattern without turning it into a diagnosis

Overfunctioning can look admirable from the outside. It may be rewarded at work, relied upon at home and mistaken for resilience. Inside, it can feel like never fully arriving anywhere—not even in rest.

You might recognize yourself here:

- You keep going after your body asks you to stop.
- Rest feels uncomfortable, undeserved or unproductive.
- You move quickly from one demand to the next without noticing how you feel.
- You are highly responsive to everyone else and increasingly disconnected from yourself.
- You alternate between intensity and collapse.
- You feel numb, irritable, anxious, depleted or far away from your own life.

These experiences can have many causes, including medical and mental-health conditions. They are not proof of a particular nervous-system state, and they are not a personal failure. If symptoms are persistent or interfere with daily life, professional support matters.

What this ebook offers is one additional lens: you may have learned to organize your life around doing, anticipating and controlling. Breath and body awareness can help you notice that pattern in real time. Noticing creates choice.

Where in your life are you celebrated for carrying more than is sustainable?

CHAPTER THREE

THE DAY MY BODY INTERRUPTED THE PLAN

A personal story

For years, I lived inside two demanding worlds. I worked as a data scientist, where precision, performance and constant problem-solving were expected. At the same time, I was building Warrior Goddess and supporting other women through their own journeys.

I knew how to analyze complexity. I knew how to keep moving. I did not yet know how deeply I had learned to override myself.

Then my body interrupted the plan. I could not sleep. My heart raced. Part of my body felt numb, and fear moved through me with a force I could no longer outthink. Symptoms like these require medical evaluation; in my case, the larger experience eventually became part of how I understood my burnout.

I first imagined I would need a month away. I needed six.

That time changed my relationship with healing. Information helped me understand, but understanding alone did not bring me home. I also needed experiences that let me slow down enough to feel what I had been overriding.



Breathwork became one of those experiences. Sometimes I cried. Sometimes I softened. Sometimes nothing dramatic happened at all. The practice was not a performance and it was not a cure. It was a way of meeting myself with more honesty.

WHAT I LEARNED

The body is not an obstacle to leadership. It is part of the intelligence with which we lead.

CHAPTER FOUR

FROM EXPLANATION TO RELATIONSHIP

A grounded way to think about the body

It is tempting to reduce every difficult feeling to a single story about the nervous system. Human experience is more complex. Sleep, hormones, health, grief, trauma, relationships, workload, discrimination, finances and environment can all affect how we feel and function.

Body awareness does not replace that complexity. It gives you another source of information.

Instead of asking only:

- Why am I like this?
- How do I make this feeling disappear?
- What is wrong with me?

You can also ask:

- What am I noticing right now?
- What feels supported—and what feels strained?
- What is one small adjustment that would create more choice?

The purpose is not to interpret every sensation. It is to become less absent from your own experience.



With practice, you may notice your jaw tightening before you say yes, your breath shortening when you rush, or your shoulders lifting as you prepare to take responsibility for something that is not yours. These observations are not diagnoses. They are invitations to respond differently.

CHAPTER FIVE

BREATH AS A PLACE TO BEGIN

Awareness before intensity

Breathing changes throughout the day. Effort, emotion, posture, illness, movement and attention can all influence its rhythm. You do not need to label one pattern as bad or force another pattern to become perfect.

For some people, gently slowing the exhale or feeling the support beneath the body can create a sense of settling. For others, focusing on breath can feel uncomfortable. Both responses are valid.

In the Warrior Goddess Rebirth Method™, breath is not used to conquer the body. It is used as a doorway into listening.

Breath awareness may support you in:

- Recognizing when you are rushing or bracing.
- Returning attention to the present moment.
- Making space between a trigger and your response.
- Noticing sensations, emotions and needs with more clarity.
- Practising self-contact without requiring a dramatic result.

These are possibilities, not guarantees. The value of the practice is not measured by tingling, tears, visions or emotional intensity. Quiet noticing is enough.

CHAPTER SIX

A FIVE-MINUTE RETURN

A gentle practice for independent use

Choose a time when you do not need to rush immediately into another task. Sit with your back supported and both feet on the floor, or lie down if that is more comfortable. Keep your eyes open or softly focused if closing them does not feel good.

REMEMBER

Comfort is the guide. Breathe less, not more, if you feel strain.

IF DISCOMFORT ARISES

Stop the exercise and breathe naturally. Open your eyes, look around and feel your feet or another point of support. Mild sensations can have many explanations; do not assume they are stored emotion leaving the body. If symptoms are intense, unusual or persistent, seek appropriate medical support.

THE PRACTICE

1. **Orient.** Look around slowly. Name three neutral things you can see. Feel the chair, floor or bed supporting your weight.
2. **Arrive.** Place one hand where contact feels comfortable—perhaps over your chest, ribs or abdomen. You may also keep both hands resting by your sides.
3. **Notice.** For several breaths, change nothing. Observe where the breath is easiest to feel: nostrils, chest, ribs or belly.
4. **Lengthen gently.** If it feels comfortable, breathe in through your nose for a count of four and out through your nose for a count of six. Keep the breath light and unforced. If counting creates strain, return to your natural rhythm.
5. **Continue for two to five minutes.** Let the exhale be easy rather than emptied or pushed. No breath holds are needed.
6. **Complete.** Release the counting. Notice the room again. Move your fingers and toes, and take your time before standing.

CHAPTER SEVEN

WHAT DID YOU NOTICE?

Integration without performance

A breath practice does not need to produce a breakthrough. You may feel calmer, more alert, emotional, distracted or unchanged. The goal is not to manufacture an experience. The goal is to practise staying in relationship with yourself.

Reflection prompts:

- What did I notice before the practice?
- Where did the breath feel easy, restricted or neutral?
- What helped me feel supported?
- Did I try to perform the practice correctly? What happened when I softened that effort?
- What does my body need next: movement, water, food, rest, space or connection?

INTEGRATION

Awareness becomes embodied leadership when it changes the way you make the next choice.

Write for five minutes if you wish. Keep the language descriptive rather than interpretive: “My shoulders felt tight” is more grounded than deciding what the sensation must mean.

CHAPTER EIGHT

TOUCH, SCENT AND THE ART OF ENOUGH

Optional supports for presence

Some people find that gentle self-contact makes a practice feel more anchored. You might place a hand over your heart, hold your forearm or wrap yourself in a blanket. Touch should always remain optional and comfortable.

Scent can also become a cue for transition, but it is not required for regulation or healing. If you use aromatherapy, choose a familiar scent, ensure good ventilation and follow the product's directions. Avoid scents that trigger headaches, respiratory symptoms, memories or discomfort. Essential oils should not be applied directly to skin unless the product is formulated and diluted for that use.

CREATE A SIMPLE RETURN RITUAL

- Silence notifications for five minutes.
- Choose one point of physical support.
- Let the breath remain comfortable.
- Name what you notice without trying to change it.
- End by choosing one practical act of care.

The ritual is not powerful because it is elaborate. It becomes meaningful because you return to it consistently and without abandoning yourself.

CHAPTER NINE

AN INITIATION, NOT A FIX

The threshold of the Warrior Goddess Rebirth Method™

This ebook is not the whole method. It is a threshold.

You have explored the first movement: interrupting the belief that you must fix yourself before you can trust yourself. You have practised noticing the body without demanding a dramatic release. You have considered how overfunctioning can shape breath, boundaries and choice.

The deeper work is not about becoming permanently calm. It is about developing the capacity to stay connected to yourself while leading, choosing, creating and relating.

The Rebirth Method explores:

- **Regulation** — creating enough steadiness to remain present with what is real.
- **Embodiment** — including sensation, emotion and lived experience in your decisions.
- **Authority** — recognizing where your yes, no and not-yet come from.
- **Architecture** — building rhythms, boundaries and structures that can hold the life you want.

CHAPTER TEN

CHOOSE YOUR NEXT STEP

Continue with the level of support that fits you

BEGIN WITH COMMUNITY

You have begun noticing where you override your body to keep moving. You do not have to explore what comes next alone. The Embodied Woman Circle offers a guided space to breathe, reconnect and practise embodied presence with support.

Join The Embodied Woman Circle — \$32 CAD

<https://warriorgoddess.com/shop/embodied-woman-circle/>

RECEIVE INDIVIDUAL SUPPORT

A private Rebirthing Breathwork session offers a more personalized space to explore your intentions, responses and integration with facilitation adapted to you.

Explore private Rebirthing Breathwork

<https://warriorgoddess.com/rebirthing-breathwork/>

PREPARE BEFORE ANY FACILITATED SESSION

Review the current preparation, contraindication and participation guidance before attending.

Read the session instructions

https://warriorsgoddess.com/session_instructions/

ONE FINAL REMINDER

You do not have to force your way home. Begin with one breath, one honest sensation and one choice that includes you.

ABOUT DIANA ESPARZA

Diana Esparza is the founder of Warrior Goddess and the creator of the Warrior Goddess Rebirth Method™. Her work brings together breath, embodiment and grounded feminine leadership to support ambitious women who are ready to stop building their lives through chronic self-override.

Drawing from her lived experience of burnout, her professional background in data and leadership, and her work as a breathwork facilitator, Diana creates spaces where softness and fierceness can coexist.

Her approach is educational and experiential. It does not diagnose, treat or replace medical or mental-health care.

Warrior Goddess

<https://warriorgoddess.com>

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In "You_Are_Not_Broken_You_Are_Breathing_Rewritten," Diana invites you to reconnect with yourself through the transformative power of breathwork, emphasizing safety and self-awareness. This guide encourages ambitious women to break free from patterns of overdrive and self-abandonment, fostering a balance of softness and fierceness. With practical exercises and personal reflections, discover how to embrace your whole self while leading a fulfilled life.