

Preparation for your Breathwork Session

“I am delighted that we will be exploring the power of the Breath together. So, in order to create the optimum conditions for a fruitful session and give you some idea of what to expect, I offer you the following suggestions.”
Ann

Physically

Before the consultation

1. *Do not eat for at least 2 hours before your session.*
You need to free up your energy from the digestive process so it is available to you during the session.

2. *Leave yourself some time free from ‘busy-ness’ – at least an hour if not more.*

Honour the time and money you are spending on yourself. You will get the best possible results when you give yourself time to prepare for this transformational journey

3. *Wear comfortable clothing.*

This is a 2 hour consultation – but leave yourself 2 and a half hours, as the process is fluid. For much of that time you will be lying down. You need to be comfortable and have non-restrictive clothing so that you can breathe fully and deeply.

During the consultation

4. *Relax and go with the flow of the breath.*

There can be a variety of physical sensations – heat, cold, tingling, tetany, sharp pains. These are all signs of the energy body clearing – something to be welcomed and an occasion to learn how the energy body and physical, mental and emotional bodies work together.

After the consultation

5. Once again *give yourself time and space*

Do not schedule anything after your consultation for at least 2 hours. This can be a profound experience of a non-ordinary state of consciousness. You need time to prepare and time to integrate.

A dip in the sea or a bath with essential oils and nap can be restorative. Avoid the jangling energy of shopping malls and parties.
No alcohol.

Mentally

Before the session

1. Let go of expectation and ‘knowing’.

2. Let go of the desire for an outcome.

3. Open to the possibility that you could receive more than your mind can conceive of.

4. Know that this is your opportunity to meet the destructive programming of your unconscious mind.

5. In that meeting, in an expanded state of consciousness you have the power to ‘reprogramme’

This journey into consciousness is a journey with your creative powerful Self. We all act according to what we believe, the problem is that most of what ‘runs’ us is unconscious. Breathwork will make it conscious and so enable you to direct your life and manifest what you desire.

During the session

6. *Accept total responsibility for the process.*

No-one can breathe for you. This is a breathing technique. Yet the breath contains the creative force of Life itself – ‘chi’ , ‘prana’ – Spirit. So working with the Breath is consciously working with the Creative Force of Life itself in order to grow and fully expand into your own True Self.

After the session

1. Do not try to fit your experience into a preconceived framework. Approach each session in the spirit of discovery. Like turning over the pieces of a jigsaw puzzle – if you make a judgement too early, you take yourself down the wrong road.

2. Consider jotting down the key points of the session – or drawing – or writing a poem. The Breathwork practitioner may suggest to you some exercises or books to read that will enable you to understand more fully what has happened in the consultation, what has happened to you in your life and how to create the skills to live more skilfully.

Emotionally

Before the session

1. Be aware that once you have committed to a course of action, the process has begun. Emotions are energy in motion. If you wish to change your life – for whatever reason – then the journey will be an emotional one. So before your consultation you might find yourself being more emotional than usual, or find that the situation that has been troubling you seems worse than usual. It is the beginning of the clearing and healing.

During the breathing cycle

2. Allow yourself to release whatever emotion that has been locked inside you and sapping your energy – from agony to ecstasy, joy and laughter to tears. When we swallow down emotions, because that seems the easiest thing to do to keep on functioning when faced with a difficult situation, these emotions form a distorting filter in our subconscious. These suppressed emotions literally cloud our vision, stopping us from thinking and seeing clearly. Breathwork is a way of clearing this unwanted and destructive emotional baggage.

After the consultation

There are a variety of reactions. If the Breathwork cycle has completed then you will experience great lightness and energy. Alternatively, you may feel heavy and lethargic. This means that the process has not quite completed during the consultation. Then it is all the more important to physically nurture yourself and be quiet.

Spiritually

Breathwork is an inner journey. All the mystics have spoken in poetic terms of this journey. In a Breathwork consultation, very often at the end of the breathing cycle, there is an experience of 'oneness', an understanding of the meaning of it all. An experience of wholeness and peace.

Conscious Breathing

“When used in specific ways, breathing allows us to release and resolve emotions, belief systems, stresses and memories which are often inaccessible through the more conventional talking therapies.

Breathing, beyond the basic need for survival, acts as a bridge between spirit, mind, and body; a bridge between the conscious and the subconscious. ‘Conscious Breathing’ is one of the quickest way to open our hearts to love and inner peace, and to fill our bodies with life and health. Connecting the inhale with the exhale consciously and continuously, is one of the most effective ways of connecting us to ourselves, to each other, and all of us to Nature and existence. Conscious Breathing allows us to go into the deepest realities of life, to acknowledge our life processes, and to set the ground for personal transformation while reaching the highest states of consciousness.

“Breathwork” involves the study and practice of breath awareness and conscious breathing for spirit, mind, and body. Breathworkers use the Breath and Breathing Techniques as tools for health, growth, therapy, and change. Breath mastery can be used to enhance and accelerate human development and learning on all levels. Breathwork and Breathing Techniques are now being taught all over the world “

taken from <http://www.ibfnetwork.com/conscious-breathwork.html>

Links to further information

www.annharrison.com.au
www.breathworktrainings.com

www.australianbreathworkassociation.org.au
www.ibfnetwork.com
www.breathworkalliance.org

