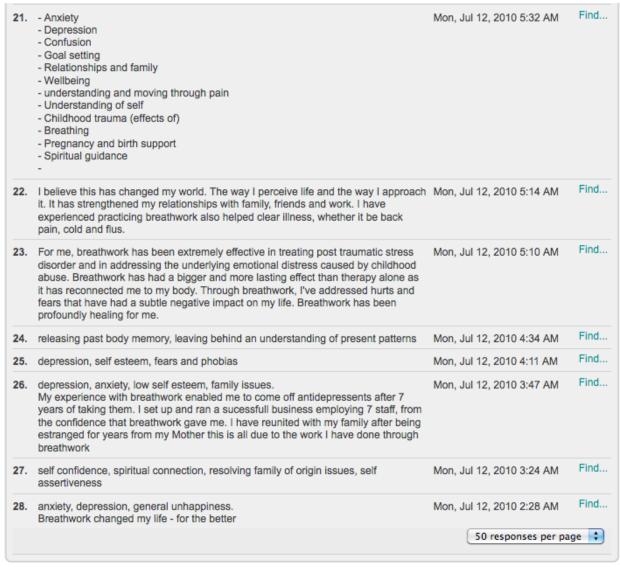
Download 2. In your opinion what specific issues, conditions and/or symptoms does Breathwork treat effectively? What has your experience been? Response Count Hide replies 28 Find... Breathwork enables one to connect to the unresourceful beliefs held within ones. Tue, Jul 13, 2010 2:53 AM subconscious mind, beliefs that had become part of how one views the world, ones perception and therefore has influences on and in every area of life. My experience of Breathwork has changed my life enormously and due to its profound influence and the new understandings that I have about myself, I have been able to change the negative beliefs that I held to be true of myself to positive beliefs and this has led me to a become a much more productive person in society and to be a very happy individual as oppose to the confused and sometimes angry person that I was long ago. Due to being a client of Breathwork and having such a profound experience from Breathwork, I undertook the training to be a Breathwork Practitioner, and I am now a Professional Practitioner of Breathwork. Find... 2. psychological blockages, negative thought patterns Tue, Jul 13, 2010 2:13 AM Find... 3. Treats depression, anxiety, addictions, fatigue (or lack of energy) and helps you to Tue, Jul 13, 2010 1:56 AM find inner peace and find your purpose in life. Find... 4. good for connecting to the inner self if the pathway has been blocked by Mon, Jul 12, 2010 11:15 PM repressed/denied emotions Find... 5. Experience has been extremely positive and helpful. It is a fantastic tool and Mon, Jul 12, 2010 9:50 PM modality. It teats a vast range of symptoms, issues and conditions. Find... 6. Depression, Personal Disconnectedness, grief, anxiety, sexuality issues, reveals Mon, Jul 12, 2010 9:49 PM and heals behaviour patterns that don't serve one's wellbeing. Find 7. I have used to work with people with all kinds of symptoms from disease to Mon, Jul 12, 2010 8:46 PM emotional issues to mental issues and found it to be incredibly effective. Find... 8. stress & depression. breathwork helped me get in touch with, and to some extent to Mon, Jul 12, 2010 7:17 PM see the false associations of, long suppressed feelings and beliefs. this helped me see that happiness was a possibility that i had all but given up on. Find... 9. Fears, stress, anxiety, neagative thinking, physical pain, increase self esteem and Mon, Jul 12, 2010 7:12 PM awareness Find... anger issues, resolving grief, improvement in confidence and general wellbeing, Mon, Jul 12, 2010 7:03 PM health issues including back problems, aches and pains, liver and gall bladder

11.	Great for emotional release to deal with fear anger sadness etc and to gain new perspective on issues	Mon, Jul 12, 2010 6:30 PM	Find
12.	My experiences have been extremely positive and life changing. Breathwork has enabled me to face some deep personal issues and to resolve them; thus enriching the quality of my life	Mon, Jul 12, 2010 6:08 PM	Find
13.	It promotes understanding and self-awareness which is instrumental in healing anxiety, trauma, reducing stress while boosting self-esteem and self-confidence. Breathwork supports a person to overcome physical, mental and emotional imbalances. It's a very self-empowering modality that has the potential to enable people to live a healthy, happy and fulfilling life. Changing peoples' lives for the better from the inside out thus improving the quality of life not just that of the individual but their families and communities AND ultimately that of the whole nation.	Mon, Jul 12, 2010 5:05 PM	Find
14.	All deep seated emotions of anger, fear, griefit brings clarity and above all peace of mind	Mon, Jul 12, 2010 4:07 PM	Find
15.	Uncovering subconscious unhelpful preconceptions and beliefs about myself and life. Supporting a process of learning to love myself, and be free to recognise and express my emotions more fully in order to live a more fulfilling life and have more rewarding, loving relationships	Mon, Jul 12, 2010 2:47 PM	Find
16.	I have had mostly personal experience with breathwork. I feel that the breath in all its' forms is the one natural thing we always have with us - it sustains us - and when we are in pain or in fear or worried or feeling anything negative really, then our breath changes = we tend to hold it, to shorten it, to keep it shallow, and in doing so it starves the body and brain of oxygen and stops the flow of energy and breath through the whole being. It is a way of "holding on" and if you watch a child in distress you will see that their first impulse is to hold the breath and that if you get them to breath through the distress as deeply as they can, way down into their belly and to fill right up to the top of the lungs as well, the distress will be able to pass through.	Mon, Jul 12, 2010 12:36 PM	Find
17.	Stress, anxiety, melancholy, depression, confusion fear, insecurity, loneliness, anger, trauma.	Mon, Jul 12, 2010 9:39 AM	Find
	Trauma, PTSD, relationship issues, sexual abuse, decision making, sexuality	Mon, Jul 12, 2010 6:17 AM	Find
18.	issues, money issues etcetc	WOT, Jul 12, 2010 6.17 AW	riliu
		Mon, Jul 12, 2010 6:13 AM	Find



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