

2. In your opinion what specific issues, conditions and/or symptoms does Breathwork treat effectively? What has your experience been? [Download](#)

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<p>1. Breathwork enables one to connect to the unresourceful beliefs held within ones 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.</p>	Tue, Jul 13, 2010 2:53 AM	Find...
<p>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.</p>		
<p>2. psychological blockages, negative thought patterns</p>	Tue, Jul 13, 2010 2:13 AM	Find...
<p>3. Treats depression, anxiety, addictions, fatigue (or lack of energy) and helps you to find inner peace and find your purpose in life.</p>	Tue, Jul 13, 2010 1:56 AM	Find...
<p>4. good for connecting to the inner self if the pathway has been blocked by repressed/denied emotions</p>	Mon, Jul 12, 2010 11:15 PM	Find...
<p>5. Experience has been extremely positive and helpful. It is a fantastic tool and modality. It teats a vast range of symptoms , issues and conditions.</p>	Mon, Jul 12, 2010 9:50 PM	Find...
<p>6. Depression, Personal Disconnectedness, grief, anxiety, sexuality issues, reveals and heals behaviour patterns that don't serve one's wellbeing.</p>	Mon, Jul 12, 2010 9:49 PM	Find...
<p>7. I have used to work with people with all kinds of symptoms from disease to emotional issues to mental issues and found it to be incredibly effective.</p>	Mon, Jul 12, 2010 8:46 PM	Find...
<p>8. stress & depression. breathwork helped me get in touch with, and to some extent to 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.</p>	Mon, Jul 12, 2010 7:17 PM	Find...
<p>9. Fears, stress, anxiety, neagative thinking, physical pain, increase self esteem and awareness</p>	Mon, Jul 12, 2010 7:12 PM	Find...
<p>10. anger issues, resolving grief, improvement in confidence and general wellbeing, health issues including back problems, aches and pains, liver and gall bladder</p>	Mon, Jul 12, 2010 7:03 PM	Find...

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, grief..it 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...
18.	Trauma, PTSD, relationship issues, sexual abuse, decision making, sexuality issues, money issues etc..etc	Mon, Jul 12, 2010 6:17 AM	Find...
19.	I have supported people who have anxiety, depression, sleeping problems, emotional problems and grief. It is especially good for unresolved grief both related to childhood trauma and other. It is beneficial for age groups. My youngest having been about 14 and eldest in her 70's. Having studied psychology theories at a university level there are many theories that connect with this modality e.g. psychosynthesis	Mon, Jul 12, 2010 6:13 AM	Find...
20.	stress, anxiety	Mon, Jul 12, 2010 5:53 AM	Find...

21.	- Anxiety - Depression - Confusion - Goal setting - Relationships and family - Wellbeing - understanding and moving through pain - Understanding of self - Childhood trauma (effects of) - Breathing - Pregnancy and birth support - Spiritual guidance -	Mon, Jul 12, 2010 5:32 AM	Find...
22.	I believe this has changed my world. The way I perceive life and the way I approach it. It has strengthened my relationships with family, friends and work. I have experienced practicing breathwork also helped clear illness, whether it be back pain, cold and flus.	Mon, Jul 12, 2010 5:14 AM	Find...
23.	For me, breathwork has been extremely effective in treating post traumatic stress disorder and in addressing the underlying emotional distress caused by childhood abuse. Breathwork has had a bigger and more lasting effect than therapy alone as it has reconnected me to my body. Through breathwork, I've addressed hurts and fears that have had a subtle negative impact on my life. Breathwork has been profoundly healing for me.	Mon, Jul 12, 2010 5:10 AM	Find...
24.	releasing past body memory, leaving behind an understanding of present patterns	Mon, Jul 12, 2010 4:34 AM	Find...
25.	depression, self esteem, fears and phobias	Mon, Jul 12, 2010 4:11 AM	Find...
26.	depression, anxiety, low self esteem, family issues. My experience with breathwork enabled me to come off antidepressants after 7 years of taking them. I set up and ran a successful business employing 7 staff, from the confidence that breathwork gave me. I have reunited with my family after being estranged for years from my Mother this is all due to the work I have done through breathwork	Mon, Jul 12, 2010 3:47 AM	Find...
27.	self confidence, spiritual connection, resolving family of origin issues, self assertiveness	Mon, Jul 12, 2010 3:24 AM	Find...
28.	anxiety, depression, general unhappiness. Breathwork changed my life - for the better	Mon, Jul 12, 2010 2:28 AM	Find...

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PAGE: BREATHWORK TRAINING

1. Do you believe that thorough training for Breathwork Practitioners is important? [Create Chart](#) [Download](#)

	Response Percent	Response Count
yes	100.0%	29
no	0.0%	0
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- 1. I believe it helps raise the quality of service and treatment and provide maximum value and treatment for people. Mon, Jul 12, 2010 9:51 PM [Find...](#)
- 2. I believe in a very gently breathwork where there is much support from the practitioner - where they step into the shoes of a guardian angel for the person, allowing a safety, security, trust in order for them to be able to let go; just as a mother is to a child, so, I believe, the practitioner needs to be for the person. Total trust and therefore much training of many different aspects of the breath - not just one persons' view. Mon, Jul 12, 2010 12:45 PM [Find...](#)

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skipped question	1