

# What is Breathwork?

This information is taken from the Australian Breathwork Association website  
[www.australianbreathworkassociation.org.au](http://www.australianbreathworkassociation.org.au)

**Breathwork** is one of the most powerful transformative tools we have to access our essential nature and develop our true potential.

The use of Conscious, Connected Breathing supports us to clear unresolved issues, dissolve limiting beliefs and free ourselves from the unhealthy hold that some past events have on our lives.

Breathwork guides the unfolding of our full potential generating a feeling of aliveness and sense of inspiration as we move towards fulfilling our dreams.

Breathwork is very much client focused. The client learns experientially about the unique interaction of the physical, emotional, mental and spiritual levels of being, and how they themselves, through awareness and experience of the Breath, can bring themselves into balance and create a sense of well being.

A Breathwork practitioner brings to their practice a distinctive approach developed through their own personal and inner journey with the Breath, as well as empathy for the range of experience that clients will have.

## Frequently Asked Questions...

### *What is Breathwork?*

Breathwork is:

- a tool for inner work using full, conscious, connected breathing
- a technique that can provide resolution and clearing of issues, patterns and beliefs on a cellular level
- spontaneous and organic beyond the mundane
- a sacred, soulful experience

### *How do I do it?*

Breathwork can be done as one-to-one sessions with a practitioner or in a group setting.

The breathing part of the session is usually experienced lying down.

The practitioner sits beside the client and supports him/her to quieten their mind chatter, focus on their breathing and bring awareness to any body sensations, words, memories or images that are present.

A typical session will run for two to three hours and consists of:

- a time of sharing for the client
- the breathing process – this may take from 30-90 minutes
- a debrief – this is the most important part of the session as it allows the client to reflect on experiences, ask questions and relate their session to their present day lives.

### *What can happen in a session?*

Every session is different, as Breathwork is an organic, self generated process. Clients can have a physical, emotional, mental and/or spiritual experience during their session (usually a combination of a few of these).

### *Experiences can include:*

#### **The Physical:**

- changes of temperature (feeling hot or cold)
- a variety of body sensations

#### **Emotional:**

- release/awareness of the whole gamut of emotions, from sadness, anger, fear to ecstasy and joy

#### **Mental**

- memories of past events, relationships, early childhood and even birth and conception
- awareness of patterns, conditioning, limiting decisions and beliefs, and the ability to clear these thoughts over time

#### **Spiritual**

- memories of past lifetimes
- deep relaxation and a sense of bliss
- connection to self/spirit/universe
- other non-ordinary states of consciousness

### *Is it for everyone?*

Everyone can benefit from Breathwork.

There are many different ways that a practitioner may guide the client in using Conscious Connected Breath. It is a matter of finding the style and practitioner that is most suited to you.

The process is most successful when clients are ready to take steps to change themselves and/or their life and accept personal responsibility for their life experiences and situations.

Children, the elderly and the infirm can also benefit from a more meditative, connected breathing style of Breathwork.

### *Does it always work?*

Thousands of clients' testimonials confirm this powerful process does work for them.

Breathwork is a powerful process for easing or alleviating emotional pain and gaining insight into why we behave and react in certain ways.

Some sessions can be quite subtle and inner while others can be cathartic and releasing. As the process works on a number of levels, results will be seen and felt on different levels. Some sessions are very clear in their outcome while in others the client may feel and experience the results over a period of time in their lives.

### *Will Breathwork change my life?*

The Breathwork process does have the potential to change your life.

When clients are safe enough and ready enough to face their past, present and future, and enter into this process, the changes can be transformational.

Changes may be felt and experienced in a number of areas including:

**The physical body** – awareness can be focused on aches, pains, tightness and illness occurring in the body and can be released.

**The emotional body** – greater energy and a sense of aliveness can be created when suppressed/repressed feelings, which drain the body of energy, come to the surface and are cleared.

**The mental body** – beliefs, decisions and conditioning (conscious and unconscious) can be reprogrammed to allow the client to live more fully in the present and in control of their lives

**The spiritual body** – deep connection/reconnection can be made with the Self.

Breathwork allows clients to change their outlook on life, their values, choices, decisions and behaviours, in a way that is beneficial.

### *How many sessions should I do?*

Practitioners offer different cycles of sessions.

It is recommended that new clients have a sequence of consultations to begin with. This helps the client to learn how to use the breath effectively. It cannot be learned in one session.

Another reason for a series of 3, 5 or 10 consultations is to have the continuity to work on deeper issues. Some issues are not dealt with in one session. For example the effects of very traumatic events like rape or violence or severe accidents, war trauma etc, require time.

Each Breathwork session is a step in the unfolding of the body memory and each person will find their own pace at which to work.

A commitment to a series of consultations also helps to overcome resistance when uncomfortable feelings and experiences emerge from the subconscious.