

MODULE 3: CONDUCTING A CONSCIOUS CONNECTED BREATHWORK SESSION

LESSON 4: CONNECTED RHYTHM COACHING ASSISTS

From the work of Dan Brule

- Make the inhale more conscious
- Make the inhale more active
- Snap the exhale loose
- Set the exhale free
- Let the exhale go
- Release the exhale
- Don't control the exhale
- Don't strain
- Don't push
- Don't force
- Smooth out the connection between the in-breath and the out-breath
- Round out corners between the inhale and exhale
- Bring the breaths closer together
- Start the inhale sooner
- Make the inhale longer, fuller, richer
- Pull the inhale through the stickiness/shakiness, and release
- Let go with a big sigh of relief
- Feel the expansion on the inhale in all directions (top-bottom, front-back, side-side)
- Take your time on the inhale
- Let the exhale go more quickly and completely
- Make the rhythm a little quicker
- Take little baby breaths
- Slow down, no hurry...
- Breathe in a quick rhythm for a few minutes, then take a cleansing breath or two.
- Breathe into the upper space (under you collar bones)
- Breathe into your belly

- Breathe into your back
- Breathe into your heart
- Breathe into that feeling/sensation
- Breathe into that part of the body
- Relax into it, relax around it, relax with it
- You are feeling your own energy...
- Welcome the energy
- Invite the energy
- Say yes to the energy
- Say yes to yourself... say yes to your body...
- Say yes to your emotions, your experience
- Be gentle with yourself
- All your feelings are perfectly safe.
- It's perfectly safe to feel all your feelings
- Your feelings can't hurt you
- It's just a feeling
- It's just a thought
- Everything is perfect just the way it is
- Perfect! Do that again!
- Surrender
- Be the witness
- Notice/watch your feelings and sensations and thoughts
- And your reactions to them
- Relax your jaw, forehead, neck, shoulders, etc...
- Encourage visualisation... flow of water, energy, etc.
- Use breath sounds (ooh... ahh... eeh... etc.)
- Create a space between your teeth
- Guard that space, check on it, return to it, keep re-creating it
- Use touch to bring awareness to holding, tightness, unnecessary effort, etc
- Use pressure to guide people into breathing into certain breathing spaces
- Use movement of limbs, extremities, head, neck, etc to bring awareness and relaxation
- Use recording of breathing rhythms
- Model the breathing quality, speed, rhythm, pace, volume, sound, etc.

What to do when people keep going unconscious, zoning out, or forgetting to breathe, when people continually stop breathing. Intuitively determine if they are holding the breath to hold in feelings, or if they are zoning out, spacing out, and forgetting to breathe; touching (or avoiding) something in their unconscious, etc.

- Remind them of their intention.
- Use the sound of your own breath
- Use touch (tap on chest, etc)
- Get them into a faster and fuller rhythm
- Have them open their eyes
- Breathe sitting up
- Breathe standing up
- Use touch
- Use Baskakov methods (sensory bombardment, slow movements, gentle stretching)
- Encourage movement to get the body breathing, then keep it going while relaxing
- What would happen if you were to breathe more right now?
- What would happen if you were to let go completely?

Assists for when people talk too much during the session:

- Focus on your body
- Notice how you are breathing
- Notice what you are doing with your jaw, shoulders, fists, etc...
- Where does that thought/feeling live in your body?
- Focus there and just breathe
- Just experience that
- Let's talk after the session

How to end a session or wind it down:

- Come back to the room
- Turn on your side...
- Encourage gentle stretching, moving, rocking, rub hands together
- Encourage yoga, tai chi, meditation, dance
- Use music, use lighting

After the Session:

- Some completion ritual... change music, etc
- Have snacks ready, water, juice
- Debriefing: sharing observations, getting feedback/report
- Encourage mandala drawing, doodling, journaling,
- Connect with nature.

Possible areas of adjustments, variations, focus, parameters to coach about during a session, things to watch for:

- Breath sounds
- Quality of the breathing rhythm: fast and full, fast and shallow, slow and full
- Length and time of inhale and exhale; speed, volume, rate, depth,
- Pauses, gaps, breaks, or changes in the breathing rhythm
- Location and focus of breathing movement: high, mid, low
- Expansions from side to side, front to back, top-to-bottom expansion
- Anything blocking expansion?
- Body-breath coordination: (breath moving the body / body moving the breath)
- Are they in synch, in harmony?
- Amount of effort or ease in the breathing
- Smoothness, shakiness, gasping, rushing
- Holding, controlling, avoiding, forcing, pushing
- Conscious vs. unconscious expressions, reactions
- Muscular tension, contractions, body movements, tremors, twitches
- Forehead, brow, facial expressions, eyes, (closed, open, focused, glazed) pupils
- Position and angle, and activity of head
- What's happening in the jaw, lips, mouth, tongue, throat
- Adjustments of neck and shoulders, chest, spine, belly, pelvis
- Position and movement of hands, fingers, legs, feet, toes
- Skin tone, colour and temperature changes, visible veins and arteries, pulses
- Overall state of comfort, focus, all actions and reactions
- Anything visible in the Aura?

- Energy movements, sensations, accumulations, releases, tingling, vibrations
- Not expressing obvious feelings, emotions, desires, etc
- Over dramatising feelings, emotions, desires, urges, etc.

The most important thing to remember is to make the client feel safe, be mindful of not projecting your need to rescue and control the outcome of the session,

An example of how to guide a session:

“While breathing in this connected circular rhythm, stay awake and be aware. Watch your thoughts. Pay attention to the sensations in your body. Notice what you are doing with your muscles. Don't judge or analyse or think (that is different than simply observing or being conscious and aware). Maintain a conscious open minded and uninterrupted focus on the breathing cycle. Pay attention to the unfolding of your inner experience.

“Simply feel your feelings. Allow and accept whatever happens in you, without acting on it, or reacting to it. Don't judge or censor your feelings. Turn every thought, every reaction, into another conscious inhale, and another releasing exhale. Get out of the way. Let this 'something else' have its way with you! Surrender. Let go.

After several minutes of connected breathing, the 'energy experience' begins. This energy is called prana or chi or ki. Allow this energy to come up, to move, and to take over your body. Use every inhale to draw in more energy and use every exhale to relax into the energy. Keep letting go into the experience.

Don't try to control the energy. You can always relax more. Keep relaxing with each exhale. Pay attention to tightness in your muscles. Deliberately release this tension with each breath. Keep expanding with each inhale. Various 'symptoms' will come and go throughout the process.

It is not unusual to experience dizziness, tremors, vibrations, sensations of heat, cold, spontaneous laughter, crying, primal sounds, emotional releases, memories, images, insights, etc. Simply allow and observe these things along the way of this inner journey. Be the accepting witness (more about this in future lessons).

Don't let any of these things interfere with, or interrupt, the breathing rhythm, or your relaxation. Don't let them send you into thoughts and judgments. Simply breathe and relax into each new feeling, sensation, and emotion.

Think 'soft and open, soft and open', 'expand and relax, expand and release', 'pull in and let go, pull in and let go', 'keep your jaw, neck, shoulders, hands, back, belly, legs relaxed'. Keep your throat open and your chest loose.

Don't be afraid of the unknown, or of losing control. You are surrendering to a higher part of yourself. Say 'yes' to everything that happens inside of you. Send love to all parts of yourself. Practice Forgiveness and Gratitude.

Just breathe, in and out, without stopping, without holding, pushing, forcing, avoiding, or resisting...it helps to give the inhale an "oohh" shape; and to give the exhale has an "aahh" shape.

Remember that under every emotion, behind every emotion, is love, is peace, is joy. Keep moving through everything, all the levels, until you arrive at your 'Highest Center.' Touch the deepest part of yourself. Then come back, bringing with you the essence of that centre.

Be renewed by the experience, moment to moment.

There will be a point when the breathing pattern shifts, as if energy comes into the breath, and the breathing 'takes over'. Let that happen while supporting awareness of relaxation.

This is when the deepest relaxation happens and when the breather tends to fall asleep or zone out, split off.

Encourage awareness of the sensations of relaxation and peace. Your client needs to stay awake to enjoy this best part of the process. This is when integration will happen.

Support the client's safety to express fully and ensure that the client is left feeling contained.

Follow up with the client after the session if necessary.

Exercise

Write down a list of your greatest fears about facilitating a conscious connected breathing session.