

MODULE 3: CONDUCTING A CONSCIOUS CONNECTED BREATHWORK SESSION

LESSON 1: INTRODUCTION

Conscious connected breathing is an ancient breathing practice that has been made accessible to the west through "Classical Rebirthing", a technique developed and taught by Leonard Orr.

Since it was first used in the 1960's it has been adapted and systematised by many other teachers who apply it in the field of physical and emotional healing, trauma release, growth and transformation. It has great potential to act as potent medicine, and a catalyst for healing and transformation. It is a powerful means to activate deep transpersonal states and facilitates the release of deeply held patterns of feeling and behaviour in the psyche and tension in body.

It is a technique that should be applied and facilitated with deep care and respect.

This particular technique simply mimics and exaggerates a natural pattern of breathing and can be observed in a sleeping baby or anyone who is in a deep state of restful sleep. The inhalation is longer than the exhalation and the exhale feels like it's a soft passive release.

The purpose of this module is to provide guidance on how to facilitate a conscious connected session with safety, understanding and skill.

What are the potential applications and benefits?

- To wake up "breath intelligence" i.e. to repattern the breathing mechanism back to its natural state which is open, flowing, free, expansive, adaptable and that has a wide range.
- To release patterns of physical and mental tension that restrict the breathing mechanism and impact optimal breathing.
- To resolve and integrate traumatic past experiences, low self-esteem, negative belief systems, limiting cognitive tendencies. It helps to release thought patterns that lead to chronic tension and brings subconscious

patterns or neural pathways up to the surface, making them available to be released for new patterns to be created.

- When the breath is repatterned in the system, it will be reflected in thinking and feeling patterns, improved health and energy.
- Creates a safe container for trauma to be released.
- Increases our capacity to relax within intensity and build open hearted resilience.
- Activates the creative life force and energy that supports adaptation, fresh perspective and innovation.
- Taps into natural inner resources and awakens healing.
- It can be a profound spiritual experience for many.
- The goals are wholeness, healing and wisdom.

When working with a client, it may take a few sessions to get your client to simply connect with their body and breath and to build the capacity for sensory awareness before guiding a conscious connected breathing session. However, in some cases, guiding someone into a CCB session may be a powerful entry point and catalyst for change. The more experience you gain, the more confidence you will develop in knowing how to guide the session and when to introduce CCB. No matter the technique you choose to use, the basic principles still apply.

Always stay conscious of any guided breathwork session supporting the following intentions:

1. Supporting an experience of grounding and embodiment
2. Staying present with the details of the breath and to create a space of safety to explore and release emotion
3. Breathing through all breathing spaces so that the breathing reflects openness, expansiveness, ability to receive, courage, hope, inspiration, love and gratitude
4. Breathing into discomfort and relaxing around it rather than reactively tensing up around it
5. Supporting the breath to be an experience of trust, surrender, softening, deep relaxation and letting go.
6. Encouraging a conscious experience of deep relaxation

Exercise:

Guide yourself into a breathwork session bringing the awareness of the above elements.

Thereafter write a short script that you would use in a breathwork session doing the same.