

# WHAT IS TRANSFORMATIONAL BREATH?

It's not a new idea that conscious breathing is good for you; it has been part of Yogic disciplines for centuries, and was popularized in the West in the latter part of the 20th century. Breathwork has found its place at the forefront of mind-body medicine. By focusing on your breath, and breathing in certain ways, you can awaken healing energies and calming forces within you. By controlling and directing your breath, you can control and direct many so called "unconscious" reactions or "involuntary" processes. Through conscious breathing you can regulate your physiological, emotional, psychological and spiritual states.

Breathing is a language: the language of the soul. Like the expression on your face, the tone of your voice, or your posture, the way that you breathe reflects and expresses what is happening inside of you. Your breathing habits and patterns, and the way that you breathe in certain situations, says a lot about you. In fact, the deepest aspects of your personality--your core issues in life--are revealed in how you breathe!

Breathing patterns are like fingerprints: unique to each of us, and unique in each moment. The way you breathe when you are afraid or upset is different than the way you breathe when you are calm or relaxed. The way you breathe when you are jealous or angry is different than the way you breathe when you are peaceful or "in the zone." Every psychological state has a corresponding breathing quality or pattern. Every emotional state has a related breathing quality or pattern. And every chemical or physiological state has an associated breathing quality or pattern. As you change from one mood or state to another, your breathing pattern changes. These changes can be observed, measured and controlled. If you play with your breath, you will quickly find that you can access various energies, and you can trigger different thinking and feeling states of being.



Life begins when you stop holding your breath.

Breath awareness leads to self-awareness, and greater overall awareness and intuitive abilities. Breath awareness brings to light many unconscious impulses and reactions. This awareness can help us to prevent or resolve a host of health problems, life challenges, and relationship issues. If you can become aware of how you are breathing, especially when negative or limiting thoughts, or painful feelings, or destructive behaviors arise; and if you can redirect the flow of your breath at those times, many wonderful changes will occur!

Transformational Breathing differs from other breathwork techniques in both intention and method. This process of opening up the unique breathing pattern of each individual is facilitated by various means, including hands on techniques, the use of affirmations, a sound technique called "toning", and the conscious invocation of Spirit. Transformational Breath does not require a particular spiritual belief system or indeed any at all, but rather seeks to work consciously with the Body/Mind/Spirit system that makes up the totality of who we are.

The reported benefits of Transformational Breathing are very diverse and no two sessions are ever the same. Most people are consciously aware after the first session that they are feeling more peaceful and freer from stress. When the breath is open and old emotions are cleared from the subconscious in this way, people can also experience a powerful sense of spiritual connection and it is not unusual to have people report seeing angels or connecting with spirit guides. And although Transformational Breathing makes no claim to heal any condition, there have been some amazing reports of spontaneous healing which can take place when the tensions held in the mind/body are resolved and released.

**For more information contact Christy Carlson, Transformational Breath Facilitator at (239) 777-2475**

**Or email her at [C2christycarlson@hotmail.com](mailto:C2christycarlson@hotmail.com)**

**[www.transformational-breath.com](http://www.transformational-breath.com)**