

# Breathe the bad away

Proper deep breathing can take you into a state of enhanced awareness discovers **MARCUS WONG.**

An hour into my first Breathwork session, I found myself on a mattress on the floor – eyes closed, trying to relax. I was doing my best to breathe harder; hard enough so my chest and ribs expanded with every breath, yet it didn't seem deep enough, as the Breathworker kept urging me on.

My whole body was tingling, and I had the distinct impression that my right hand remained slightly curled despite my best efforts to relax it. Indicative, I was told, of possible blockages in that arm.

## Going where your breath takes you

“By combining accelerated breathing with evocative music, we are able to enter a state of deep relaxed consciousness which activates our natural inner healing process.”

John Stalamous, Breathworker trainer

The circular breathing method employed (inhaling as soon as you finish your last exhale) sometimes brings into awareness “primal” thoughts and beliefs. Thus, it is not



Breathworks was initially known as “Rebirthing”, and started in a hot tub as they found that, at 72°C the subconscious opens up to old memories and old feelings. It became a powerful way of identifying limiting beliefs formed before, during and just after birth.

Today, Breathworks uses a breathing technique instead of temperature, but the same results can be achieved, as a natural internal healing process is activated when we enter a “non-ordinary” relaxed state of consciousness, bringing us back to our internal experiences.

uncommon for participants to start holding their breath as they relive unpleasant old feelings and memories.

This is where Breathworkers will work with you to help you focus on maintaining your breathing, allowing you to fall back into a peaceful state. After the session, a review of what you experienced will be conducted, allowing you to examine what the experience reflected.

## Don't stop at one

While a little disappointed not to have experienced any memories or emotions, I was assured that “nothing is never happening” and that every session is different. Having a Breathworker work with me on a one to one basis would also have helped tremendously, as he would have been able to get me into the relaxed state necessary.

Hence, the recommendation is to try a series of at least 10 individual sessions because we feel differently at different points in our lives. Ten sessions (and hopefully, 10 different experiences) is likely to provide a good variety of feedback to work with. ▣

To find out more about Breathwork techniques or to sign up for a private or group session, contact John Stamoulos (john@johnstamoulos.com) or Angie Toh (angietoh@itransform.asia). Their respective websites are www.johnstamoulos.com and www.itransform.asia.