

conscious energy breathing is an art and a science



It may be surprising to hear that most people's breathing mechanism is impaired at birth or during the formative years of childhood. Sometimes it can be so blocked that as young adults we just have enough breath to survive! This means that our capacities to regenerate, enjoy life and evolve can become limited because we have lost the ability to breathe energy as well as air. **Ghislaine Bouskila** explains.

We know the rest, we survive instead of living our life creatively and sometimes illness might make its way to our depleted organs, glands, muscles or blood, compromising living a full, conscious and connected life, and indeed, compromising survival itself.

I like to equate the amount of breath or our ability to breathe fully to the amount of light that we can bring into our body and our life. We know for

example, that oxygen is a powerful antidote to the digestive system's fungus, to the brain's depression and to the blood's lack of iron.

But what is really interesting to note, is that our thoughts and belief systems are also tied in with the breath and its mechanisms. This is what the Rebirthing Breathwork movement is based on, which was started by Leonard Orr in San Francisco (USA) in the 1970's.

A Little History

Rebirthing Breathwork started when Leonard Orr found himself unable to move out of his bath, and decided to change the way he was breathing to be more full, conscious, and connected. He then says he went into spontaneous regression and experienced part of his birth. This had such a profound experience on his life that people around him started

asking him to rebirth them. He is now considered the father of rebirthing.

Sondra Ray, a nurse, who was one of the first students to graduate from Leonard Orr's training, developed the Loving Relationship Training when she realised the impact of our birth script on our relationships.

Stan Grof, a psychiatrist and one of the founders of the field of Transpersonal Psychology was also one of Orr's first students. Grof developed Holotropic Breathwork where "the holotropic refers to states which aim for wholeness and the totality of existence. The holotropic is characteristic of non-ordinary states of consciousness such as meditative, mystical, or psyschaedelic experiences."

Conscious Energy Breathing is an Art and a Science

Leonard Orr says that conscious energy breathing is an art and a science. It has also been called Spiritual Breathing, Intuitive Breathing, Conscious Connected Breathing, and Rebirthing-Breathwork. I like to call it Spiritual Psychology.

Most of us are looking for spiritual healing even if we don't know it. I believe this is often the reason for a physical illness or a traumatic event ie. to wake us up and to transform our "being ill at ease".

At the base of all dysfunctions of the body is a thought. That thought or belief can be the cause of a depressed immune system, low self-esteem, or an inability to cope

with life's demands, which are really different facets of the same unease.

Sigmund Freud, well-known for his theory on the unconscious mind which also involved the mechanism of repression, introduced the "death urge" theory. To simplify this theory, he suggested that all the actions and thoughts we have that are not life-enhancing are a "sabotage" pattern, which prevents us from fulfilling our desires and wishes and thereby affects our life and it's direction. These thoughts are our unconscious thoughts and as Bruce Lipton mentions in his book *The Biology of Belief*, it is not the conscious thoughts that are running our life but the unconscious ones, which also account for 95% of the thoughts we are having!

Conscious breathing is the mechanism which can create the bridge between the conscious and unconscious, the head and the heart, the mind and the body.

The Process

Most of us have developed deviations in our breathing (whether we are conscious of them or not) as a result of our way of life but also and mainly from our unconscious belief systems ie. the thoughts and beliefs we are not aware we are abiding to.

Rebirthing breathwork is based on the premise that the power of the breath can be used to clear physical, emotional, mental and spiritual imbalances.



The process is simple: influence your breathing pattern so it has a more full, conscious and connected rhythm. The aim is to unlock the respiratory mechanism as you learn to breathe energy as well as air.

The breath can connect us to events in the past that are having an impact in our lives in the present. Breathing through the physical sensations, which carry the memory of the past, allows for this cellular memory to be released.

Full conscious, connected breathing helps cut to the chase of the ego/mind (“the story” of our life) and allows us to be shown through our body to what event or belief is having an impact on our lives or our health.

As we breathe into the body, images or memories might appear organically into our mind’s eye as the subconscious becomes conscious. To release the trauma or the upset, we keep on breathing and relaxing into what is happening in our body. “Healing can only happen in a state of relaxation” says Leonard Orr and yes, “acceptance” and “letting go” is a magic formula for releasing what is in the way of our being free to choose a creative and fulfilling life.

Compassion, gentleness and reverence for who we are, are the essential ingredients for relaxation. As the breathing mechanism becomes unblocked, we are released from tensions and unresolved emotions, which were repressed in the body.

The person will breathe consciously until the breath itself establishes the rhythm. Then there is nothing else left to do – breathing itself is the guide. Some people call this Bliss.

It is quite an amazing experience when the breathing mechanism is free of holding patterns. The feeling is that we are ‘being breathed’ by a universal energy. The relaxation is deep and the feeling of wellbeing profound.

Learning to breathe consciously is the ultimate healing tool for releasing trauma and upsets. It is also an inherent tool for the transformation for all human beings. It is part of our inbuilt system of detoxification and not only detoxifies, but also rids our mind of toxic thoughts.

Conscious breathing is the best and safest way to clear our cellular memory. It is safe because your own breath is guiding you using the infinite intelligence that resides in your body. It is gentle, because the body/brain system will only take you to what is ready to be cleared.

“The quality of our life depends on the quality of our thoughts. And this is not only because we feel infinitely better when we have positive and loving thoughts, but also because thoughts are in fact the bricks that build up our reality. It is proven that the apparent matter of our Universe is actually energy, and that our consciousness is energy in its finest and most dynamic form,” says Fanny Van Laere in her book *Rebirthing and Spiritual Purification*.”

Our breathing is a reflection of how we think, feel and act.

*Australia is one of the first countries in the world to have a Rebirthing Breathwork Certificate IV, and a Diploma and Advance Diploma accredited by the government. The Australian Breathwork Association is the national professional association for Breathwork practitioners in Australia and was established in 1997.