



# Breathwork Journey

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# Rebirthing Breathwork



Rebirthing Breathwork or Conscious Connected Circular Nose Breathing is a simple, gentle and profound modality of healing that activates the parasympathetic nervous system, alchemises stagnant energy, and integrates unprocessed emotion that has hidden away in the depths of the subconscious mind and your body. The process exposes layers of inhibitions and unconscious patterns and defences that have developed from the moment of conception to now.



## THROUGH REBIRTHING BREATHWORK YOU CAN:

- Understand and heal the emotional link to physical symptoms in the body
- Experience relief from physical pain
- Learn how to move tension and energy on your own to remember your own self-healing potential
- Explore, understand and rewire negative core beliefs to life affirming and supporting beliefs
- Unravel and alchemise stuck energy in the body and nervous system
- Integrate traumatic experiences and life moments that have remained unprocessed and suppressed in the body
- Recalibrate the breathing mechanism so you can breathe life-giving energy, freely
- Unlearn old patterns and behaviours to freely express yourself as you Truly are
- Discover who you are and be empowered to live from your Truth
- Cultivate a loving and understanding relationship with Self and others
- Foster greater self-love and presence in all areas of your life
- Change your lived experience with anxiety
- Enhance your intuition and balance your energy body
- Reclaim your life and desires from a place of embodied wisdom
- Gain clarity about patterns in your life that no longer serve you, including toxic behaviours and relationships
- Heal your relationship with your Self and others
- Deeper connection with your creative potential
- Discover what you're here to do and step into your life purpose
- Embody love, compassion, forgiveness and oneness

## DURING A REBIRTHING BREATHWORK SESSION IT'S COMMON TO EXPERIENCE:

- Strong sensations in the body such as tingling, vibration, surges of energy moving, shivering
- Extreme heat and cold
- Profuse sweating
- Body parts spontaneously and unconsciously moving, contracting, releasing, shaking or tremor
- Contraction or tension in the muscles
- Itching or coughing
- Altered states of consciousness
- Strong emotions and emotional release (crying, screaming, laughing)
- Feeling of oneness with the Divine
- Conscious expansion
- Past life regression
- Connection with loved ones who have passed or Deities/Gods
- Profound insights/downloads/ah-ha moments that offer clarity of wisdom in heart and mind

## FOLLOWING A REBIRTHING BREATHWORK SESSION YOU MAY EXPERIENCE:

- Lethargy and fatigue
- Need to sleep a lot or feel 'flat'
- Experience restless sleep
- Journeying again as you fall asleep
- Feel extra triggered by people or experiences (this is the medicine continuing to shine a light on the shadow)
- Unusually emotional
- Inner peace and calm
- Deep love and presence with Self and others
- Have deep insight into big life questions
- Understand yourself better, and others
- Experience clarity in thought
- Have access to your inner wisdom and guiding light

## FOLLOWING YOUR REBIRTHING BREATHWORK EXPERIENCE IT IS RECOMMENDED YOU:

- Journal about your experience (even over the following days as it can take time for it all to integrate and land)
- Avoid high energy environments
- Avoid stimulants such as coffee/drugs/alcohol
- Rest
- Drink clean filtered water
- Eat clean earth grown foods
- Spend time in nature
- Avoid unnatural light
- Pay attention to the things that light you up and deplete your energy
- Meditate to continue gaining access to your inner wisdom

# STAGES OF BREATHWORK



## Activation

Activates the sympathetic nervous system, saturates the body with oxygen and generates strong sensations in the body to awaken, enliven and boost the physical and energetic body.

## Release

Emotional, physical and mental 'letting go'. Body may spontaneously move and contract and emotion expressed as you tap into the subconscious mind for deep healing.

## Integration

Deep bliss state, parasympathetic nervous system reset, and expanded states of consciousness. Can experience feelings of oneness, deep stillness and joy.

You may cycle through these phases several times during a breathwork session

## RESISTANCE

During activation phase, you are literally changing your mind. But the mind doesn't want to change! Resistance arises and all the excuses come up as to you can't, shouldn't won't.  
**KEEP BREATHING**

## COMPLETION

The body knows how to return to a state of ease and rest when given the opportunity and the time. You will return to a state of presence. Notice the changes to your natural breath. Go easy in the days following a big breathwork session



*'Conscious Energy Breathing is the most natural healing ability of all.'*

*Most Rebirthing Breathwork sessions are physical, emotional, and spiritual. We can relax out of any kind of intense emotion or physical sensation when we have this simple powerful skill of Conscious Breathing'.*

*~ Leonard D. Orr, founder of Rebirthing Breathwork*