



# Intentional breath + Consciousness

The benefits of intentional breathing is becoming increasingly well known, but what about consciousness?

## Things I wish I'd known before now...

The body is designed to self-heal – it gives us messages (mind, body, emotions link)

What we perceive, we believe – Thought (conscious or not) is creative

Most of the population sub ventilate – who teaches us to breathe?

90% of our thoughts & experiences are sub/unconscious

You've got to feel it to heal it / every upset is a setup & sharing is caring

ANS : Come out of fight / flight – relaxation techniques

The body remembers our journey – E.g. ancestry, birth experience

The effects of trauma on our breath – our breath tells us a lot about ourselves

Increasing breath = increasing life (cells, lungs, immune system, etc!)