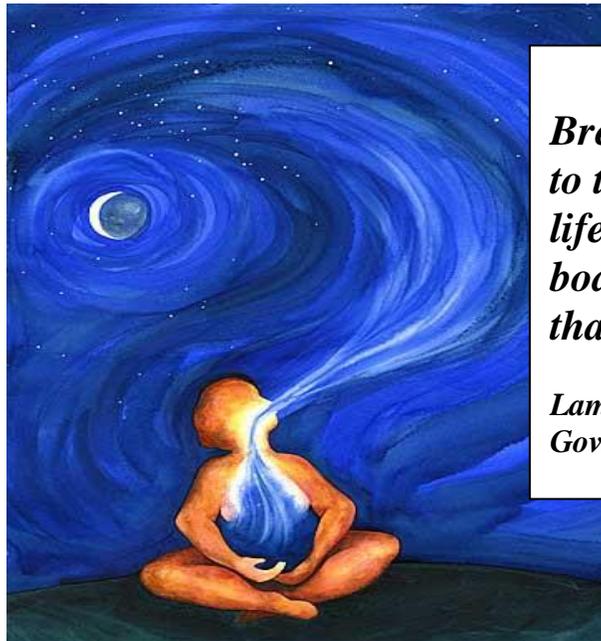


What is Integral Breath Therapy?



*Breath is the key
to the mystery of
life, to that of the
body as well as to
that of the spirit.*

*Lama Anagarika
Govinda*

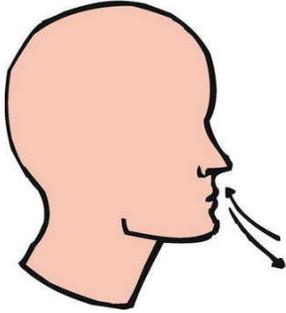
What is Integral Breath Therapy?

Integral Breath Therapy is a composite modality that uses breathwork as a support for the various processes, exercises and inner explorations. It is a highly personal, experiential process that uses breathing techniques to clear out physical, mental and emotional blocks or stresses. The origin of most human behavioral difficulties is in very early childhood experiences. Early in life we learn to suppress our emotions physically by tensing muscles and restricting the breath. Over time, this protective process becomes chronic and automatic and we lose the capacity to experience and express emotions. This repression can sap our vitality and rob us of the ability to experience the positive feelings of love, joy and pleasure.

Integral Breath Therapy is a foundation component for “The Integration Process”; A revolutionary body focused therapy that explores the multidimensionality of the human being. This modality rapidly brings old and hard to reach issues, patterns or traumas to conscious awareness for release and integration. By using specific tools and techniques, the individual can progress rapidly to a level of greater understanding, health and vitality.

Breath Therapy / The Integration Process is a highly personal, experiential process that uses a variety of techniques used to achieve deep and profound healing. Breathing techniques, Reichian and Bioenergetic exercises, Self Hypnosis, Inner Child Work, NLP, elements of psychodrama, Gestalt techniques and Behavior Modification are among the techniques used individually or in combination. Integration and unification result as blocks are cleared and personal power is reclaimed by the individual.

The Importance of the Breath



Breathing is a grossly underestimated source of life giving, healing and purifying energy. When we breathe in a relaxed fashion we move from a destructive metabolic state to a constructive one. This shift from operating in chronic stress mode to one of relaxed alertness can affect the synthesis of protein, fat and carbohydrates, increase the production of cells for immune system activation, promote bone repair and growth, as well as enhance the cellular, hormonal and psychological process.

Did you know.....

- The average person breathes between 18,000 - 20,000 breaths per day.
- This totals an average of 5,000 gallons of air.
- In weight, this is 35 times as much as we take in from food and water.
- 70% of toxins are eliminated during the breathing process. Only a small % of toxins are eliminated through perspiration, defecation and urination.
- 90% of the nutrition needed by the body comes from the oxygen we breathe. Only 10% comes from the food we eat, and without sufficient oxygen, we will not get proper nutrition from our food. Oxygen is the fuel that burns our food.
- We can go 10-14 days without food, 4 days without liquids, hours without heat but only 4 minutes without air before brain damage occurs.
- Air is the most quickly distributed element in the body. It immediately enters the bloodstream, as oxygen must be constantly supplied to each and every cell.
- Each breath nourishes and feeds the circulatory system.
- Deeper breathing enhances cellular activity and therefore our very strength.
- Without the breath we could not speak.

The word BREATH implies more than the physical act of drawing air in and out of the lungs. Breath is the junction point between mind, body, emotions and spirit. Every change of mental state is reflected first in the breath and then in the body. ~Deepak Chopra

Benefits of Integral Breath Therapy



Breathe deeply and gently through every cell of the body, laugh happily, and release the head of all worries and anxieties; and finally breathe in the blessing of love, hope and immortality that is flowing in the air, and you will understand the meaning of the human breath. Pundit Acharya

The benefits of "Conscious Connected Breathing" as used in Integral Breath Therapy.

Integral Breath Therapy's Physiological Benefits

- Burns and eliminates toxins from the blood stream.
- Releases toxins stored in the tissues of the body.
- Lowers blood pressure and increases circulation.
- Boosts the immune system.
- Improves digestion and reduces stress on liver and kidney.
- Purges the body and brain of chemicals.
- Detoxifies the body at a cellular level.
- Reduces physical stress
- Returns the body from acidic system (breeding ground for disease) to alkaline system (normal chemical and disease resistant state).
- Supports the creation of new Neuro-pathways in the brain.

Integral Breath Therapy's Emotional / Psychological Benefits

- Reduces emotional stress
- Provides greater relaxation and inner peace
- Naturally increases the life force energy and vitality.
- Increases mental clarity and creativity
- Expands consciousness/awareness for a clearer understanding of self
- Increases intimacy in relationships
- Enhances libido in both sexes

By increasing your ability to breathe fully, you will make major improvements in your physical, mental and emotional functions.

Health Benefits

Inadequate breathing may be harmful. Poor diaphragmatic breathing is caused by a tensing of the belly during breathing so that the diaphragm does not move freely. The problem is that at the top of the lungs, the rate of blood flow is one tenth of a liter per minute. Only a few ounces of blood are moving through the top of your lungs every minute while at the bottom of the lungs the blood flow is well over a liter per minute. Most of the blood circulation is in the bottom third of the lungs. If your belly is tense, then you cannot breathe down to where the blood is.

Emotional Benefits

Integral Breath Therapy can dissolve unresolved emotions stored in the mind and body. During the process of growing up, as well as in daily life, we have not developed the skills to deal with our feelings in effective ways. Feelings that are not handled immediately are stored as muscle tension or in the unfinished business files in the mind. Watch children and how they hold their breath when in the grip of pain or some other unpleasant emotion. The habit often stays with us unless someone gives us a better alternative. If we can learn to breathe in a free uninhibited way, the stored feelings can be released from the body and mind.

Transforming Potential

Breathing is the key ingredient in physical, emotional and mental health. It unifies and integrates the body, mind and spirit. It is the meeting ground between the conscious and the unconscious. You can take a breath consciously, then turn your attention elsewhere, and the breathing will continue on its own. Integral Breath Therapy is useful in healing the split between the conscious and the unconscious mind.

All growth is spiritual growth. Without our divine Spirit, we are simply a collection of molecules. The Bible says that human life was initiated by God's breathing life into mud. Eventually, Breath Therapy will put us in touch with our spirituality, healing the illusions and splits between us and our essential nature.

Many cultures and religions connect spirituality with the mountains. Moses went to the mountaintop to receive the Law of God and Jesus gave his famous Sermon on the Mount. The Toltecs and Aztecs designated certain mountains as the home of certain gods and worshipped them there. The Plains Indians undertook vision quests on top of mountains or hills because those were the places closest to the unseen power of the sky. In many myths, the mountain is the place where creation begins. Breathing faster and deeper recreates the low oxygen environment of the mountaintop and takes us to our own centers for spiritual sustenance.



Breath and Energy

Circular breathing creates a "complete circuit of energy in the body."

A phenomenon of Integral Breath Therapy occurs when you begin to breathe energy as well as air. This "energy cycle" is triggered when a pattern of full, relaxed and connected breathing has been attained. More powerful and intense than normal breathing, this pattern should be effortless. Relaxation of the body, combined with increased breathing, affects the entire system, and energy begins to move along with air. This actually means that

the body is starting to release inner, stored energy while at the same time it is activated by the new energy brought in by the intensified breathing. When this state is reached, energy sweeps through the body and flushes out all the previous stored energy.

The Basic Circular Breath

*This breathing exercise is safe for everyone.
With continued use, it reduces stress and creates a peaceful state of mind.*

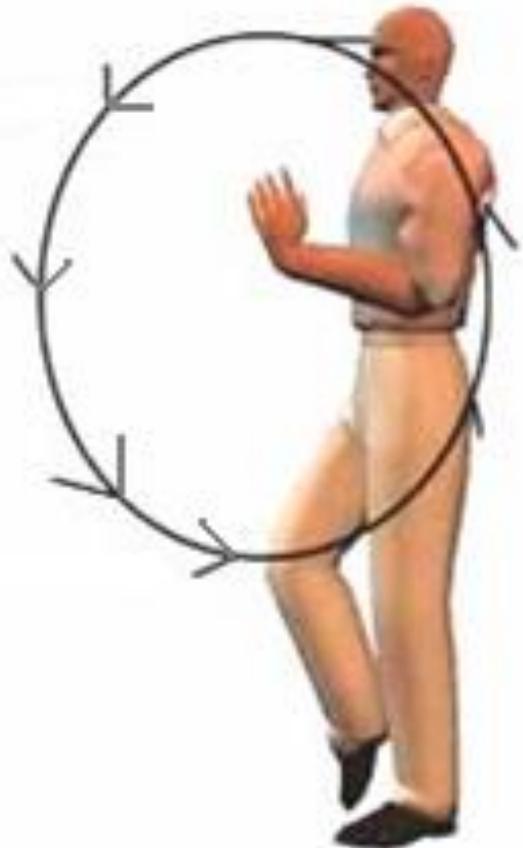
This is the basic breathing exercise we use as a practice for expanding the capacity of the lungs and correcting the distortions in breathing. Inhale and exhale through an open, yet relaxed, mouth.

Preparation: Begin by stretching your jaw wide open and make a sound. This opens the throat and prepares the body for a free flow of air. Now, take a deep breath in through your mouth and hold it. Then, take in more air to fill your lungs to the very top and hold it for a few seconds. Now, exhale to the bottom and hold it. Then, squeeze out the excess and hold it there for a few seconds. Repeat 3 times. This expands capacity of the lungs and brings awareness to the fact that there is more room at the top and at the bottom.

The Circular Breath: The inhale and the exhale are connected with no pause in between. Imagine yourself breathing in a circle beginning at the pelvis and drawing the air up your back and into your throat... then exhale without a pause allowing the breath to circle down the front of your body to the pelvis begin another inhale without a pause. Think of rounding out the top and the bottom of the breath so that the action of the breathing is smooth and rhythmic.

The breathing tempo should be full and slow with more air coming in than your normal resting state and the exhale should be completely relaxed. If dizziness results, breathe normally for a minute or two before resuming practice.

Suggested practice is to use this breathing exercise for 10 minutes once or twice daily.



The Four Levels

All Issues begin as Spiritual, and if they are left unhealed, will progress and manifest on the other levels in the following order. First, as a belief, then as emotional distress and eventually on the physical level as some form of “dis-ease”. In order to return to wholeness, healing needs to happen on each level. There is a part of us that knows exactly what needs to happen in order to return to our natural state of being. This “inner healer” is active in us when we breathe without pauses and allows an interruption of our physical / energetic holdings... holding in, holding back, holding out, holding up, etc.

When we breathe we have the ability to let go on deeper and more profound levels. We expand our state of consciousness and have access to the unconscious mind. This can reveal the beliefs that we hold about ourselves and life. When we breathe, the energy of our emotions can be released and allowed to flow. Breath and Spirit are one and the same. The body is the beneficiary of the freedom created by the breath.

