Breath

My teacher was clear to me- if you need anything other than your breath then you shouldn't be doing this work. To be clear - I have drums, a gong, various tools and bits that I like to use- but I don't *need* any of them.

Breath is your most powerful tool. It will cam your mind, and perhaps most powerfully of all it will connect your mind and body. Because breathing is a whole-body experience. When your mind and body are working together it is far easier to enter a trance state.

There is no correct way to use breath to enter a trance state, and as usual if you have a breathwork technique that works for you- weave that into what I am teaching.

Monitor what works best for you and leverage the best techniques!

Remember if you have health conditions, please follow the advice of your Dr. Be careful of forced breathing techniques that make you feel lightheaded, anxious or ill. Trust yourself- if it doesn't feel right for you- it probably isn't.

Conscious breathing

1. The first step in any breathing technique is to be conscious of your breath. Just experience how your breath is. Acknowledge your breath with conscious awareness.
2. Start to experience how your body is moving with your breath, feel into your body. Are your shoulders, your belly moving? Can you feel the energy of your breath? Expand your awareness of your breath.
3. Focus on your posture, perhaps you are working with the axis mundi- earth and sky. Maybe you are focusing on being deeply relaxed. Tune into how your posture is reinforcing your intentional breath.
4. Now start to consciously change the breath. You may want to work with counted breath, simply deepening the breath, breathing in earth or sky energy.
5. It can be really helpful to make a sound with the breath. You might want to sigh (or swear) with the outbreath to let go of stress, to chant or work with a mantra.

Body- breath- sound. Always a powerful combination!

Breath techniques to try

Earth breathing (I use a lot).

As you breath in experience the energy rising through the soles of your feet, draw the earth energy out. As you breath out, let go of stress, thoughts, overwhelm.

Visualisation (I use a lot).

Use whatever visualisation works for you, suggestions include;

- Breathing out light of a specific colour to full your aura (often gold)
- Visualising the breath as it moves through your body.
- I like to visualise the green earth energy flowing up my body, then the out breath as a rope of stuck thoughts coming from my heart through my throat and out of my mouth. You might prefer a healing colour coming in with the in breath and a releasing colour coming out with the our breath (grey for sorrow, red for anger..)
- You might prefer to work with a specific element or use visualization to heighten your awareness of body movement.

Box/Rectangle breathing (I use).

This is where you count your breaths creating either a box (perhaps 4 in, 4 out, 4 in, 4 out) to create a pattern of equal breathes, or a rectangle (perhaps 4 in, 6 out, 4 in, 6 out) where the extended-out breath creates a more relaxed state of mind. You trace the 'window' with your mind, or a pencil, to bring a visualisation into the breath work.

There are numerous formulas for box breathing, so explore and see what works for you (breathe in for 4, hold for 4, breathe out for 4, hold for 4.)

4-7-8 (I have used this, but not so keen)

Breathe in for 4, hold for 7, breathe out- preferably with sound- for 8. Adjust the count to ensure it is suiting your needs.

Alternate nostril breathing (I don't use this)

This is mostly connected with yoga practices, and it is not something I have found helpful. If you are drawn to this research it and give it a go- I don't want to teach something I don't understand.

Chanting (my favourite breathing technique!)

Now obviously I base my chanting on the runes, and chants that were taught to me through my lineage. Your chants may be an emotional expression, linked to your wisdom tradition, or simply an intuitive expression.

Feel the chant in your body, experience it. If it's working, then you are doing it right.