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Breathwork Techniques

This worksheet provides a variety of breathwork techniques that can be used depending on our needs at that moment.

Ocean Breathing

Creates a felt sense of inner balance and peace, regulates and synthesizes heart rate activity and brain wave rhythms in the body and the mind.

Breathe in through the nose to a count of 5.

Breathe out through the mouth to a count of 5.

Earth Breathing

Grounding breath which connects us to nature and the earth.

Helps us stay consciously aware of our experiences in the present moment.

Ask your body: Which side of the body should receive energy right now?

Imagine the energy from deep in the earth coming up into the bottom of the receiving foot, spiraling up the receiving leg to the base of the spine.

Hold the breath at the base of the spine for 5 seconds.

Then exhale the energy spiraling down the other leg and through the foot back into the earth.

Be aware of tightness or any place the energy feels blocked or stuck. You can breathe the energy into these spots and ask the body if there is anything that needs to be expressed.

Fire Breathing

Activates life force, stimulates memory, cleanses and clears from the body what no longer serves. It also facilitates the release of anger, panic, freeze, and numbness.

Inhale through the nose, fully extending the belly.

Exhale while contracting the belly to the spine with an explosion of breath from the back of the throat through the mouth making a "HA" sound.

Begin slowly and gradually increase the speed and length of the inhale and exhale until there is little awareness of the inhale so that it sounds like a continuous "HAAAAA".

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Heart Breathing

Give and receive love to self and others.

Breathe into the crown of the head from the sky and into the feet from the ground – breathing in from above and below at the same time – bringing both breaths into the heart.

Hold for 4 seconds in the heart.

Exhale out of the front and back of the heart at the same time, sending the exhale with intention to wherever it is needed.

Breathe to the self and/or any person, place, or thing, alive or deceased.

3-3-3 Breathing

To use when processing appears to be stuck.

Using this combination over and over will promote access, release, and movement of painful material while the body and brain is in a high level of resourcing.

3 Earth Breaths

3 Fire Breaths from the place of distress or freeze

3 Heart Breaths to the distressing location

Left-Right Hemisphere Breathing

Inhale through the LEFT eye, filling the left brain (located just behind the left ear).

Exhale through the RIGHT eye and the base of the skull simultaneously.

Inhale through the RIGHT eye, filling the right brain (located just behind the left ear).

Exhale through the LEFT eye and the base of the skull simultaneously.