

Introduction to Transformational Breath®

What can Transformational Breath® do for you?

Transformational Breath® is a safe healing modality that creates more balance, energy, peace, and joy in your life. It belongs to the group of Conscious, Connected Breathing techniques and was developed by Judith Kravitz in the 1970s. It is now practised in 51 countries world-wide and is widely recognised as the most profound and helpful breathing technique.

Transformational Breath® is a gentle, simple technique that helps people to open up the full potential of their respiratory system for better physical and emotional well-being. It teaches a pattern of conscious breathing that is natural, safe and healthy and which can have many benefits, including increased energy, better immune response and increased ability to deal with stress in a healthy way.

It was developed by Dr Judith Kravitz incorporating her knowledge of conscious breathing techniques and various other healing and spiritual principles, Transformational Breath® is a highly efficient and effective technique that has been used and found beneficial by many thousands of people world-wide for over thirty years.

The three levels of Transformational Breath®

Physical

It opens restrictive breathing patterns and generates more energy and aliveness, enhances lung capacity, eliminates toxins and boosts the immune system.

Mental and emotional

Transformational Breath® integrates your sub-conscious mind and reduces stress, creates relaxation, releases emotional traumas and transforms negative beliefs.

Spiritual

Transformational Breath® allows you to access higher levels of awareness, deepens meditation, strengthens the connection to your Higher Self and provides clarity and insights.

Areas of therapeutic use

Transformational Breath® is not a medical therapy and makes no claims to cure medical conditions. However, it does remove the underlying emotional causes of many conditions and some clients report symptoms clearing up after just a few sessions. In principle any ailment with an underlying emotional or traumatic cause may benefit from breathing.

Conditions that have been helped include: addictive behavioural patterns, alcohol addiction, anger, anxiety, Asthma, Chronic Fatigue Syndrome, cravings, drug addiction, eczema, general health and well-being, grief, guilt, headaches, insomnia, Irritable Bowel Syndrome, loneliness, low self-esteem, ME, Migraine, overeating, panic attacks, Post Traumatic Stress Disorder, raising confidence, relationship difficulties, Restless Legs, self-belief, sleep problems, smoking addiction, stress, tiredness and unhappiness.

What to expect during a session

During a Transformational Breath® session you will be asked to breathe through an open mouth. This allows you to take in more air and in initial sessions can cause sensations of dryness in the mouth. You may experience sensations of dizziness, numbness in the limbs, and tingling in your hands and feet or none of these at all. Don't worry, it's all perfectly normal and you will come to no harm. You will connect to emotions and you may cry or laugh, again, all quite normal. When emotions arise, stay with them and don't push them away. Whatever happens, it's a safe technique and you can come to no harm. Enjoy!

What's next?

You can practice 100 Breaths every day. Don't bother to count the individual breaths but continue the practice for 5 - 10 minutes. If you would like to continue on your breathwork journey I provide online individual sessions and run two-day and six-day residential events in England and Northern Ireland. For details see www.brianwilliams.xyz