

Clearing Out Verses Filling Up

What is your intention when you attend a Breathwork Session?

Are you focused on breathing in or breathing out...

A true story...

Some years ago now I was at the Australian National Breathwork conference. and I sat next to a young man I had not meet before and we started chatting to each other, I asked this young man what he'd experienced in the 3 hour breathwork session we'd done earlier in the day. He told me that he didn't go to the session because he was "processed out" and was sick of trying to get all of the muck out of him".

I suggested to him that he'd missed a wonderful opportunity by not attending the session, and then I shared with him my personal philosophy on breathwork. I explained to him that my focus is never on 'getting rid of stuff', but on 'filling up'with pure, divine life force or universal energy, breathing it into every cell and surrendering my body and mind completely, with my focus on peace and love and 'adding to' rather than getting rid of. Whatever doesn't match the pure incoming energy we are breathing will naturally surface and begin it's dissolving process, we don't have to do anything else but breathe and surrender. He said he had never thought about it that way before, that he'd always breathed with the intention of 'getting rid of stuff'. He said he would start breathing with the intension of filling up from now on.

A lot of people have the same intention as this young man, to get in there and work hard, this philosophy will keep a person stuck in 'hard work' and it can be exhausting, on the other hand if you surrender and allow the breath to guide you and fill you with its magic, it will lift you to new heights of peace, harmony and joy, releasing stress and discomfort from your body and mind easily and quickly. Breathwork is an incredibly powerful and consistently reliable pathway to personal empowerment, internal freedom and expansion of awareness. It is a blessed process...



