



Conscious Connected Breathing

- Summary by Dwight Raatz

Conscious connected breathing (otherwise known as Breathwork) is a breathing technique discovered by Leonard Orr in the mid 1970's that assists you in releasing physical and mental blocks. This breathing technique is a series of gentle connected rhythmic breaths that can be very powerful. You are using the breath to flow energy in your body and mind that is done consciously with purpose and intuition.

As an infant we already know how to breath properly, but after years of various stresses in our lives and traumatic events (both physical and mental) we forget how to breath correctly. Our breathing becomes shallower which means that more carbon dioxide remains in the system and less oxygen is supplied to our tissues. Even negative thoughts can inhibit our ability to breathe fully. This lack of oxygen can cause our cells to suffocate within our bodies. By learning the benefits of proper breathing, you will not only release our physical and emotional tension, but we will become healthier by releasing trapped toxins in our body.

As you learn to use connected breathing, you will find that the sessions go through cycles. These cycles are key in allowing the release of blocked and built-up energy in our systems. As the session progresses, you may find that you have various sensations that may increase to a peak and then subside. It's important that during a session (typically one to two hours) you allow the completion of these cycles to receive the full benefits for you. You can eliminate up to 70% of toxins through the breath and help to alleviate chronic diseases and accelerate the healing process. As the body becomes cleaner and able to process more efficiently it will also help us to control the quality of our thoughts.

Connected breathing is not hyperventilation. Hyperventilation is over breathing that has the side effect of not allowing the body to eliminate all the carbon dioxide produced. Various kinds of symptoms (dizzy, tingling, feeling hot or cold, etc) can occur during a breath session but they often pass quickly. Connected breathing provides more oxygen to the body which helps relax.

Perseverance is important in a session that may present blocks or reasons why you should quit. The combination of the body resisting the change in oxygen levels along with the ego not wanting you to release years of suppressed emotions will, at times, result in you wanting to stop the session. Recognizing this clue as resistance is imperative to overcoming the blocks and allowing the healing process to begin and/or continue.

The biggest benefit of conscious connected breathing is the freedom that it gives your mind and the increased health of your body. By committing to a series of 10 sessions you will not only reap the benefits described, but you also teach your body and mind a new way to breath the Divine energy that surrounds us all.



Spreading the word about Breathwork

Fred: Hey Jeremy, what are you up to?

Jeremy: Well, I'm on my way to a breath session with a client.

Fred: What is a "breath session"?

Jeremy: Breath sessions are about using sustained deep connected breathing to allow the body and mind to release tensions and energy blocks.

Fred: What do you mean by releasing blocks?

Jeremy: As you live your life, there are various events that can cause physical and emotional trauma and tension. What I help teach my clients to do is to use their breath to release these blocks which will bring them more peace and increased health. The breath is also a great way to get rid of toxins from the body which is an important step toward improving your health.

Hi! My name is Dwight Raatz, and I am a Conscious Connected Breathing coach. What the heck is that you might be asking yourself? Well, I'm here to tell you that this breathing technique is literally going to save your life! I help my clients use the power of full deep rhythmic breathing to release toxins from their body to improve their health as well as increasing the clarity of their mind. Connected breathing has made a huge difference in my life and I know it will for you too!