

Benefits of Breathwork

“You reconnect with nature in the most intimate and powerful way by becoming aware of your breathing and learning to hold your attention there. This is a healing and deeply empowering thing to do. It brings about a shift in consciousness from the conceptual world of thought to the inner realm of unconditioned consciousness.” ~Sir Eckart Tolle

Breathwork is an ancient art of healing, a tool to train stamina and will, a pathway to working with our nervous system to address trauma, and a guide into our subconsciousness, which is the one that I favor the most. There are groups of people who can sustain their life with conscious breathing, water and disciplined sunlight exposure. It demonstrates that the influence of oxygen and chemical exchange that happens while breathing is a life nurturing activity :)— a life force that in many languages is called the same word for soul or spirit and is an amazing gift that nature gave to us.

Breath is an amazing gift that nature gave to us, as it's present on a voluntary level, we breath effortlessly controlled by the brain stem, involuntarily it regulates itself through autonomic nervous system and eventually we can access breath with our conscious intention. These multidimensional expressions of a human being. We can hold the breath by desire or regulate the rhythm and depth of the breath. Which means we can effectively regulate our state just by using our breath.

For example: slow, deep breathing, also known as Yogic or Full Breath, is known to modulate cardiovascular balance and is recommended for relaxation, stress management, and to improve organ function. Breath of Fire, or passive inhales and active exhales that are sharp and quick, can sharpen your focus and charge you with energy.

There were multiple studies to assess and review breathwork and body-mind connection, and the studies confirmed that manipulation of breath movement has been shown to positively affect immune function, autonomic nervous system imbalances, cardiac-vagal and psychological or stress-related disorders. Having knowledge and practice of specific breath exercises and techniques can address chronic health problems, balance hormones or just be a go-to for so many needs we might have during a day.

When we are stressed or in a traumatic experience our central nervous system is throwing all its resources to survive; nevertheless, our mind is frantically trying to avoid pain and suffering so it's overwriting the brain stem cells and makes us hold our breath. In this way, we might have momentary relief, but the long-term results clog our system. When the stress of that withheld portion is staying in our body and systems, sooner or later it will express itself as post-trauma symptoms or chronic health problems.

How is everything else interconnected and inevitably co-creating together, so every emotion is coupled with a rhythm of breath? By allowing the breath to become more intentional, we are healing our habitually coupled emotional associations, oftentimes without re-remembering a

painful experience or re-visiting the event itself. With conscious breathing we help our nervous system to first relax and let go (to tension and holding), and second to relate to what is here and now and not what it remembers was associated with a trigger; this work helps to take control over chronic diseases or unwanted habits, insomnia or anxiety. When we are connected with our own breath intentionally, all three parts of our brain are activated, which in turn, increases neuroplasticity. We teach our nervous system new pathways or to intentionally relax and preserve energy. Awareness of our breath can work wonders!

As I mentioned earlier, in other languages the word breath, soul, or spirit are the same word, as a reminder that we incarnate to co-create with the Divine. Breath Awareness brings so much grounding and integration of our life experience. Every breath brings new cosmic energy within the body, pulls on Powers of Earth and conducts it into our life force. Every breath is a complete wave and a new beginning.

With our breath, we can charge our energy field, our glands and our lymphs, we can nurture and heal emotional wounds or traumatic experiences, and we can connect with a subconscious. All of this (and more) — without leaving the comfort of your own body.

Yale Harvard University 8 weeks-200 students stress anxiety burnout .# From testimonials who were in the experiment: the sleep was restful, deep and recharging; as a result productivity and focus was very high, clear head, full of energy.

Study of 40 adults published in Frontiers In Psychology in 2017 found that practicing slow breathing might [help alleviate stress and improve depression](#).

[Small studies published in 2014](#) and [2017](#) found that yogic breathing might help veterans with post-traumatic stress disorder (PTSD). Another study in *Perspectives In Psychiatric Care* in 2016 discovered that an eight-week training program in diaphragmatic breathing [could reduce anxiety symptoms](#). Again, these studies were very small, so it's hard to make big claims about breathwork's effectiveness for mental health.

Mindful breathing and yogic breathing have been recommended by the American Mental Health Counselors' Association as [helpful for treating anxiety and depression](#), with the caution that they're not meant to be used on their own. Harvard Medical School recommends [using slow breathing](#) as part of a daily relaxation exercise to reduce stress.

[Research on breathwork](#), however, reveals that while there's definitely some benefits to breathing therapy, it's a long way from a cure-all.

“Breath” James Nestor book reflecting research with Stanford. Leaving 10 days with completely clogged nostrils.