Therapeutic Breathwork and the coronavirus

Breathwork is our most powerful medicine. Breathwork is the science and art of breath awareness and breath modulation. It is directed toward releasing deregulated patterns of physical, emotional, and mental functioning and bringing greater harmony to our network of life systems from the neurological to the spiritual — literally to facilitate health and wellbeing on all levels of human existence.

Improper breathing weakens and dis-harmonizes almost every major system in our bodies and makes us more susceptible to chronic and acute diseases of all kinds: infections, constipation, respiratory illness, digestive problems, ulcers, depression, sexual disorders, sleep disorders, fatigue, headaches, poor blood circulation, and premature aging. Many researchers believe bad breathing contributes to cancer and heart disease. Proper breathing can keep the systems of the body functioning in harmony, signal us about imbalances in our energy and help us correct them, and thereby be a perfect companion on route to our health and happiness.

In all cultures and throughout history breathing has been regarded as the most vital of human bodily functions. Contemporary medicine, however, has a very limited perspective as to the bodily function of breath: breathing provides the body with it's vital supply of oxygen – and that's, basically, all it does. As such, in Western medical research, breathing receives attention only when it's normal functioning is disturbed in some way. Fortunately we are learning more about the effects of poor breathing and an increasing number of illnesses have been identified and rightly linked with poor breathing.

The best defense versus infectious diseases such as the coronavirus is a healthy immune system and well functioning respiratory system. Properly taught breathwork keeps all the body systems regulated. We breathe about seven million breaths a year, and the long-term effects of poor breathing are cumulative. They reduce not only the quality of vitality in our daily experience but can lead to a weakening of our entire system and serious health issues. Since there are few activities in which we engage in more than taking an inhale and an exhale, any dysfunction in the process gets multiplied exponentially over the years. Conversely, healthy breathing has a nurturing and energizing effect on every

physical organ and body system. We can take health for granted until we encounter serious problems. This is why becoming conscious of our deregulated breathing is vital to our immunity to contagious diseases. More so Therapeutic Breathwork helps unravel past traumas and chronic holding patterns that unconsciously set up the human system to be vulnerable. Proper conscious breathing begins on the first session of breathwork. Breathworkers are trained to teach healthy breathing to clients rather than make them dependent on a practitioner or external medication. That is why it is critical with wide spread contagion.

Coronavirus attacks the lungs and covers it with thick mucous coating that eventually restricts one's ability to breathe. Current guidelines for prevention of Covid-19 advise frequently swallowing warm liquids to bring the virus from the throat area to the stomach where it is destroyed rather than migrate to the lungs. Now that the path of the disease is known, we can add visualization of the virus being draw to the stomach to conscious breathing before and even after infection. After infection slower than normal breathing, such as Coherent Breathing, may be more indicated than faster than normal breathing techniques. But, as always, the guidance of spirit and the client's body take precedence over any set formula for breathing.

It is now being shown that clients can be coached through a breathing session via video conferencing. I have done this successfully for several years. The International Breathwork Foundation has issues guidelines for virtual breathwork. The Global Professional Breathwork Alliance is also formulating such guidelines. Both organizations are advising against public group breathwork at the time of high contagion.

It is imperative that breathworkers take care of themselves and not put themselves at risk with in person one on one sessions whenever there is doubt about safety. It is also critical that breathworkers adapt to the current conditions to get their critical knowledge and expertise to the public in safe and accessible means such as video conferencing, webinars, audio blogs as well as the written word. There was never a time more needed for the healing and revitalizing breath.

For more information on breathwork online and in person training:
Jim Morningstar, PhD
Director, Transformations Incorporated
Co-director, Global Professional Breathworker Alliance
414 351 5770

jim@transformationsusa.com
www.transformationsusa.com
www.jimmorningstar.com