

## **Breathing: The Best Kept Healing Secret – Part 2**

*by Stephen Gooby*

Last month I introduced Breathwork, some benefits and a few of the different types. This issue we address specifically Transformational Breathing™ (TB), a Breathwork system developed by Dr. Judith Kravitz.

True holistic healing treats the whole person -- body, mind, and spirit. Karmic patterns at the spiritual level manifest in our lives as mental/emotional patterns. If unhealthy, they appear in the body as disease. Healing the root causes of disease at the deepest level – at the Source -- helps clear the linkages to other levels. Truly holistic, TB operates on all levels of Self.

**Physical Level** --TB accomplishes much on the physical level. We receive benefits such as relaxation, increased energy, clearer thinking and detoxification.

In addition, practitioners perform hands-on work to "open up" the breath physically by loosening the breathing apparatus: the primary and secondary respiratory muscles, which can become constricted to varying degrees during one's lifetime. Opening the breath allows the greatest volume of healing oxygen to bathe every cell in the body.

TB Breathworkers also bring greater awareness to a client's unique breathing pattern and how it might relate to his or her life. For example, overachievers' breath typically becomes stuck at the diaphragm and does not fill up the chest cavity. Mere awareness is sometimes all that is needed for change.

**Mental/Emotional Level** --TB clears unhealthy, dense, low-vibrational patterns such as negative beliefs and repressed or traumatic memories that we've consciously or unconsciously hidden. These energetic patterns, stored on a cellular level, must be cleared for healing to occur. Breathwork can change the patterns permanently through its high-vibrational energy.

We store low-vibrational patterns in the subconscious when we do not want to deal with them. The Ego resists attempts to resolve them and responds by shutting down our breathing in order to "protect" us. But this fear-based response, in the long term, allows the patterns to emerge as disease and harm us.

The principle of Entrainment states that when a field of high vibration (frequency) comes near a body of low vibration, the lower form adapts or entrains itself toward the higher-frequency field. When a pattern of energy has integrated fully into a higher form, it ceases to exist. Disease heals as the person adapts to the energetic shift that TB brings.

**Spiritual Level** --TB sessions allow one to connect with higher aspects of oneself. The technique ushers one into a safe, altered state of consciousness and provides a vehicle for greater spiritual awareness and insight, a clear connection to Spirit, a path to a deep meditative state, and sometimes even mystical experience. Working at such high levels provides access to karmic patterns and cascades healing effects to other levels.

**The Power to Heal** --Though breathing helps heal on any level, physical changes are most obvious and measurable.

I became involved with TB when suffering from significant digestive issues accompanied by life-threatening allergies. Beginning the work intensely, I went through an immediate worsening (a mild healing crisis), then abruptly, the problems ceased. TB helped me clear those lingering digestive ailments when nothing else worked. I found that the allergy cleared quite by accident when I ate the offending food and did not experience any reaction, much less being hospitalized from anaphylactic shock.

Dr. Kravitz began her work several decades ago because she developed cancer and was determined to address it without drugs or surgery. She developed TB and allowed a miracle to happen; she credits her breathing methods with helping her become, and remain, cancer-free.

A TB practitioner though never makes specific healing claims or diagnoses. They are not necessary, because in working with a TB practitioner, you are your own healer. Your curative power is as unique as you are.

In TB, no protocol exists other than breathing and intention. The role of intention is important because it allows you to direct the healing energy toward any physical, emotional, or spiritual goal. You use intention and trust that your higher self will accomplish whatever healing needs to be done. If you do the work, there is no limit to your healing potential and no limit to the power of your breath.

This Self-Healing system is a not merely a breath technique. Bodywork, sound, expression, affirmation, and other specialized tools all contribute to TB's effectiveness. Facilitators primarily offer expertise, guidance, and support. We recommend a breather find a Facilitator and attend some training – either individually or in groups. The [Transformational Breath Foundation](#) has a list of Facilitators. If you are in the Southeast, get a group together and contact [Breath Dynamics](#) to provide a workshop.

**Let's Breathe** -- In addition to being powerful on its own, breathing can strengthen the effects of other modalities, such as using deep relaxed breathing during massage. Whatever healing modalities one uses -- chiropractic, acupuncture, or herbs, for example — make breathing the central element. Let's open a door to wellness with Conscious Breathing; the Key to Life is also the Key to Healing.

*Stephen Gooby is a Certified Transformational Breathing Facilitator. He brings the experience of a Certified Massage Therapist (Health Choices Institute) and Yoga Instructor (Nosara Institute) to his breath practice. He has done Breathwork in Europe, the US, and Central America. Stephen teaches primarily in the Southeast US. You can reach him at 770.785.7051, or visit [www.breath-dynamics.com](http://www.breath-dynamics.com)*