

# What is Transformational Breathing?

By Dr. Judith Kravitz

**Transformational Breathing is a self-empowering and deeply healing process that creates great transformation in one's life.** This dynamically powerful technique utilizes a high vibrational energy force created by a specific breathing pattern. Transformational Breathing allows us to breathe better, to have more energy, to feel more peaceful and loving, and ultimately to attain higher levels of consciousness.

As founder of the Transformational Breath Foundation and co-creator of the Transformational Breathing process, I have spent 3 decades working extensively with the breath. After breathing with tens of thousands of people over hundreds of thousands of sessions (individuals and groups), I have to come to understand quite clearly how Transformational Breathing can add to your health, well-being and profound enjoyment of life.

**How does Transformational Breathing work?** The life-altering motion in Transformational Breathing works by creating an Entrainment effect at the cellular level in our electromagnetic field. The Universal Law of Entrainment simply states that when two things come together which are vibrating at different rates, the lower vibration will automatically be raised to match the higher vibration. By breathing large quantities of high vibrational oxygen into the previously closed areas of our respiratory system, dense lower vibrational patterns (such as old emotions, traumas and physical diseases) are accessed, transformed to a higher frequency and permanently resolved. That is why you feel lighter and clearer after being bathed with the high vibrational energy that Transformational Breathing brings.

**There are three distinct levels of Transformational Breathing.** The first level has to do with the physical mechanics of breathing, or basically learning how to breathe more effectively and easily. Most people only get a small percentage of their actual air capacity due to closed and restricted breathing patterns. The goal of this deep, full diaphragmatic, circular breathing is to utilize the entire respiratory system and to maximize respiratory capacity. In Transformational Breathing, we know that the amount of air we can bring into the body is directly related to the amount of good that we can accept in life. As we open and expand our breathing, not only do we have more energy and support for the body's natural healing abilities, we also greatly improve our capacity to receive and experience more good. To the degree that the breath is open and flowing, we are in the flow of life.

**The second level of Transformational Breathing deals with clearing some of the major reasons why we shut down our breathing to begin with.** This level effectively works on healing traumas and negativity in the subconscious mind. These include such things as old unexpressed emotions (often called repressions), negative beliefs, old tapes, and past memories stored on a cellular level. One of the primary ways we keep these things "stuffed" in the subconscious mind is to shut down and control our breathing. We can reverse this by breathing into the closed places and letting go where we hold onto the breath. As old emotions, thoughts, and memories surface, we continue to breathe into them and they are easily integrated into a higher energy form. Once these suppressed energies are resolved, limiting and self-sabotaging behaviors drop away, and our true, whole and perfect selves emerge.

Transformational Breathing effectively integrates and heals such major areas of dysfunction as traumas from birth and early childhood, parental and authority issues, the unconscious death urge, and virtually all negativity in the subconscious mind. Transformational Breathing is the most effective and joyful means of clearing the subconscious mind available on the planet today!

**Once the lower subconscious begins to open and clear, it then creates an opening to the higher subconscious, which is the level of soul and our spiritual awareness.** This third level of Transformational Breathing allows us to consciously connect with higher aspects of ourselves. Sometimes in level three, people actually have mystical experiences or visions as they become aware of other dimensions of reality. Many enter a deep meditative state and receive guidance and insight into their lives.

All three levels of Transformational Breathing happen in every session. Depending on our specific individual needs the amount of time we spend in each level will vary. One thing for sure is that every time we do a Transformational Breathing session, we become lighter and clearer and we permanently raise our vibrational frequency.

**Transformational Breathing focuses on the energies and states that you want to create, rather than paying attention to the patterns you are trying to release.** This use of conscious intention along with affirmations, hands-on, sound, and invocation all contribute to a more effective and complete resolution. Transformational Breathing really is unique and IS THE Cutting Edge of Breathwork today.

The only way to really know what you've been missing is to experience a Transformational Breathing session.

For information on the Transformational Breath Foundation, please visit the official website at [www.breathe2000.com](http://www.breathe2000.com).