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# Manual Guide





# Breathe in Breathe out

Written & Compiled by Giten Tonkov



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## On a serious note

“Meditation doesn’t lead you to silence; meditation only creates the situation in which the silence happens. And it should be that whenever silence happens, laughter comes into your life. A vital joyous celebration will happen all around you. You will not become sad or depressed; you will not run away from the world. You will be here in this world, but seeing the whole thing as a game, enjoying the whole thing as a beautiful comedy, a fabulously amusing drama, with nothing serious about it. Seriousness is a disease. Laughter is the cure.” – Osho



# Course Guidelines

Over the years we have found that there are some guidelines that we recommend you to observe during the workshop. These recommendations are for the benefit of you, and for you alone. By observing these guidelines you will allow yourself the opportunity to have a deep and profound experience during these days you have committed to learning this technique during this workshop.

- Please arrive a few minutes before the scheduled start time of each session. Late arrivals are disruptive to the rest of the group. If you are unable to attend for any reason whatsoever, please inform the course leader in advance so we know not to be concerned by your absence.
- Please attend all sessions. The morning meditations are an important part, which opens up the mind and body for the rest of the day's processes,
- We ask you to refrain from drinking and taking any form of non-prescribed drugs until after the workshop, and if possible for a few days after the course finishes, too. There will be many emotions and thoughts to process during the course and immediately after. It is most beneficial if you to allow this processing to flow naturally without any strong intoxicants interfering or affecting it.
- We attempt to create a safe and secure space for all participants for the duration of this workshop. There will be many emotions to go through, many tears cried, and many laughs shared. And as we grow to trust each other individually and as a group, you and your fellow students may find yourselves revealing aspects of your lives that are intimate, private, and sacred. So we ask you to honor the privacy of the group by agreeing to keep all personal information within the confines of this workshop, and not discuss any individual's details with anybody outside of the group, or with your fellow students outside of the workshop space.
- Take lots of rest in the evenings and during your time off. This is an intensive workshop and the experiences are profound and deep. You may well feel drained of physical, emotional and spiritual energy resources. So we invite you to take rest, take time to reflect, and allow silence and stillness to soothe your being.

# Summary

- Attend every session, including morning meditations
- Please be a few minutes early for the start of each session
- Inform the course leader in advance if you are unable to attend
- Abstain from taking any intoxicants during the duration of the course
- Please keep all matters private and confidential
- Take lots of rest during time off
- Support your fellow students to the best of your ability knowing they will support you too

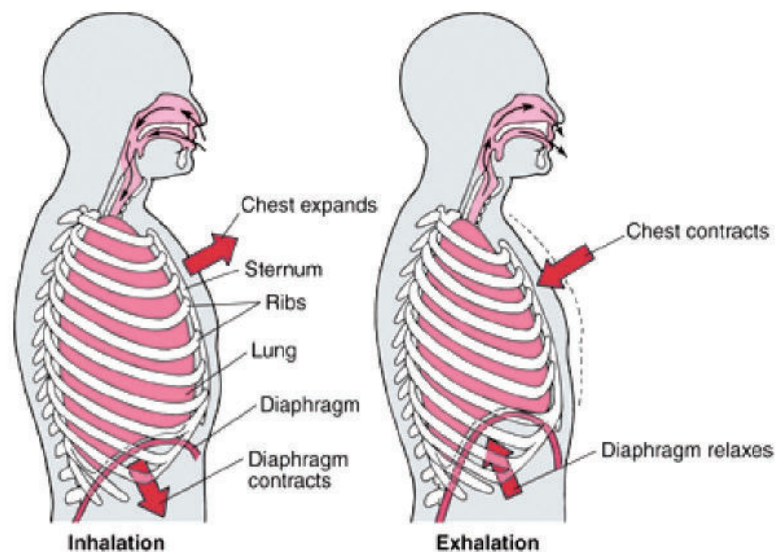


# Anatomy of breathing

One thing I can say I take for granted is my breath. In the years before encountering breath as a therapeutic tool, I had little or no awareness of how I gained oxygen from my environment. Since then I started to observe how people around me actually breathe. Well, I will not bore you with the results of my observations, but I encourage you to do the same. Observe people around you, their complexion for example, which can already be a big clue. Then listen, with your eyes, your heart, and ears and every sense. See where they breathe: in the chest or in the belly? Do they move their head at all whilst inhaling? And what about the face? Mouth open or closed?

And the sound: any hissing, puffing or panting?...ok, ok...back off dude, give me some air here...we shall remember that staring is socially unacceptable...

To give you an overview of the respiratory process we can start from the gross anatomy. A picture here is worth a thousand words. Frank Netter, the best anatomy illustrator in history, said "You remember little of what you read, some of what you hear and most of what you see". Although we have two lungs we can live "OK-ish" with just one. Some people actually manage to run marathons for charity with just one lung (please don't try this at home!). The lungs are protected by the ribs and sternum anteriorly (in front) and the thoracic spine posteriorly (from rear), like a cage. Intuitively you can appreciate that if the cage is not well "oiled" the protective device becomes a constrictive device. Inferiorly (below the lungs) we have the diaphragm that separates the thoracic cavity from the abdominal cavity, where all the viscera and organs are. Air reaches the lungs through the trachea, a tube in your neck that lays anteriorly to the esophagus, the "food-tube".



So, when air actually reaches the lungs the process of blood oxygenation is pure physics. As a rule, gases move from a place of high pressure (ie. a lot of oxygen molecules in the air) to a place of low pressure (areas of little or no oxygen). The same happens whilst breathing. There is high oxygen concentration outside the lungs and when we inhale



oxygen goes into the blood stream, which has got even lower oxygen concentration. The oxygen is then delivered to and used by the cells as a vital element for life.

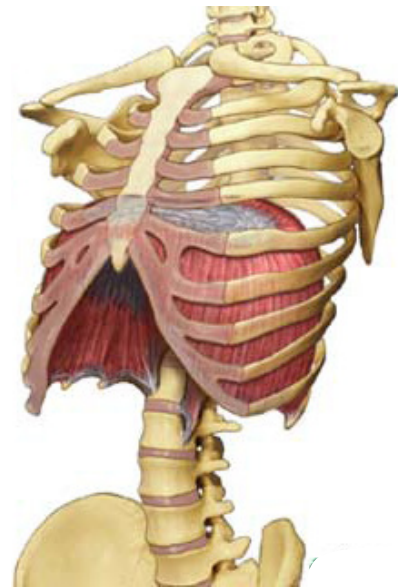
The basic exchange mechanism of oxygen and carbon dioxide is as follows: oxygen is absorbed by the lungs via the alveoli with the inhalation. From the lungs it diffuses into the blood which travels around the whole body taking fresh oxygen to the cells. Simultaneously, the blood that is returned to the lungs carries no oxygen and is loaded with toxins and carbon dioxide. Through the alveoli the toxins diffuse back into the lungs and are expelled from the body via the exhalation. We could go crazy with physiology here, but it is not really necessary. As breathing facilitators or trauma release practitioners what is interesting to see and understand is how breathing affects posture, complexion, energy levels and an individual's capacity to live life to its full potential.

A lack of oxygen is called hypoventilation. It is common in heavy smokers or in people that are not used to breathing properly. Hypoventilation often goes unnoticed because it comes with undefined symptoms, such as lack of energy, irritability and sluggishness which can all be caused by low levels of oxygen in the blood. Learning to breath freely and joyously and releasing long-held trauma will do miracles for these people by increasing their lung capacity. On the other hand, hyperventilation is when we breathe fast and forcefully. Sometimes it is willful like in the case of pranayama practices in yoga that aim to stimulate and awaken the full breathing capacity and draw in more breath (prana/life-force); but at times people that are anxious or stressed may hyperventilate involuntarily by not using the full capacity of their lungs. This results in a very shallow breath and can lead to a drastic lowering of carbon dioxide levels in the blood. When there is a low level of carbon dioxide in the blood capillaries in the body become constricted and close down: closed capillaries mean no blood flow to the cells, and hence no fresh oxygen. You can make the easy connection that this leads to reactions such as like lightheadedness, nausea, spinning, and so on.

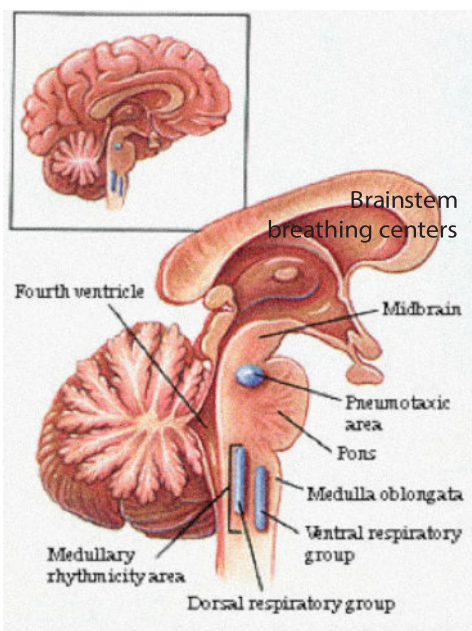
So what is right? This is a difficult question with an easy answer. What is right is right. When the breath begins to flow freely. When the breath starts to flow freely past old blockages one will instinctively know what is right. And as a certified BBTRS practitioner, over time, especially if one keeps client notes, we begin to recognize negative signs, which are actually few and far between.

The mechanism of breathing is also very interesting. In particular the action of the dome-shaped diaphragm is an aspect we shall spend a moment on. As you can see from the figure the diaphragm is a funny one. It has three insertions or "anchors" to contract from and to; it attaches to the ribs and xyphoid process anteriorly and to the lumbar spine posteriorly. The third site is at the top of the dome where there is a central tendon, the only tendon in the body that does not attach to a bone.

In normal breathing the diaphragm moves downwards, flattening its dome shape whilst inhaling. This in turn compresses the abdominal cavity and the organs in it but it creates space for the lungs to fill up with life-giving oxygen. At the same time the intercostal muscles (muscles between the ribs) help the diaphragm to create space for the lungs to expand by lifting the chest up and forwards. When we breathe out the diaphragm goes back up to its resting dome-like position. The chest drops and we exhale all the toxins gathered by the blood on its way around the body.



Because of its multiple insertions, the diaphragm action changes according to the availability and position of the body. Let's take for example when the body is laying down on it's front. If we inhale deeply in this position it will be harder for the abdominal organs to move and for the chest to expand while having the weight of the body on it. So the diaphragm still contracts to let the air rush in but it tugs more at the back insertion, in the lumbar spine, where there is more space and flexibility, creating a small "bum lift". ....give it a go and check for yourself. Before we wrap up this chapter we need to look at where the breathing signal starts and where it is controlled. This of course is up to the nervous system (NS). Refer to the chart in the following paragraph to have an idea of the diversities of the human nervous system. In brief, the somatic NS controls all the voluntary muscles: holding our breath for example is voluntary breathing, also termed somatic breathing.



The autonomic NS instead controls the involuntary bodily functions like peristalsis in the gut, gland contractions and involuntary breathing (NB: the term autonomic does not mean automatic but it is more like autonomous, acting independently). The anatomy that mediates voluntary breathing involves a signal stemming from our cerebral cortex in the top part of the brain, traveling down through the phrenic nerve to the diaphragm that will contract in order for the lungs to fill with air. During sleep (or anytime our attention is absorbed elsewhere) our innate capacity of involuntary breathing is due to breathing centers in the brainstem (the part that connects the brain to the spinal cord); from here messages reach the diaphragm using once more the phrenic nerve.

If the breath is relaxed and free-flowing, we should observe a general calming effect on our being, a shift to parasympathetic function ('Rest and digest' response) and a sense of ease and calm in our hearts and over the whole of the physical, emotional and spiritual being. Conversely, if we start to breathe fast, shallow and forcefully we will probably have the opposite effect on our system: perhaps a rush of energy, alertness and unsettlement. Breath influences our psychological and physiological being. Is it true the other way around? Does our state of being influence our breathing patterns? To answer this question we can think of a scary or an unsettling event in your life. In such moments our sympathetic nervous system kicks in and breath will become faster and shallower. At times even the memory of certain traumatic events may alter our breathing patterns, changing the rhythm or volume of inhalations or contracting the shoulders. People that are anxious or stressed on a daily basis will have altered breathing habits (shallow, very "high" chest breathing, irregular, sometimes holding breath too), resetting the autonomous involuntary breathing patterns. This behavior becomes particularly noxious and damaging because over time it sparks a series of physiological adaptations that are not favorable to growth and nurturing but rather link to survival. The physiological importance of BBTRS is to retrain our breathing patterns to reset any "faulty" habits and to increase the ability to adapt to situations that may compromise our capacity to breathe calmly. Using biodynamic breath and bodywork techniques, we can also begin to reset our system to eventually regain our free and natural breathing patterns.

**NOTES:**



# Fundamentals of the BioDynamic Breath & Trauma Release System.©

## **What is the BioDynamic Breath & Trauma Release System© (BBTRS©)?**

BioDynamic Breath is built on a new approach to trauma release. This profound and revolutionary system of body/breath therapy integrates deep connected breathing with innovative conscious movements, body awareness techniques, bodywork and meditation. When skillfully combined in an integrated flow and safe environment these techniques result in releasing long-held trauma from the physical and mental structures.

BBTRS has at its roots elements of Wilhelm Reich's body-oriented therapeutic approach, combined with the soft and gentle techniques of Peter Levine's Trauma Healing Modality.

The BioDynamic Breath and Trauma Release System was developed by Giten Tonkov after more than 20 years of self exploration, study, and experience of working with countless individual clients and groups.

The BBTR system is based on an observation of how tension is held and distributed in the body-mind structure. It is designed to break through layers of body armoring, inviting the release of mental, emotional and physical blockages right down to our central emotional and physical core

The BBTR system enables us to experience the full range of sensations and emotions available to a human being. Furthermore, this approach expands our capacity to contain and support the free flow of vital life energy. As a result it re-structures at a cellular level, supporting the full opening of the spine and releasing chronic tensions held in the nervous system. Ultimately we transform into being increasingly present, conscious, and compassionate in our everyday lives. Through this work we let go of negative self-image, fear, chronic tensions and physical pain. When opening up through this work step by step with great care and awareness we move into emotional freedom and regain free flowing graceful movement and unrestricted breathing. We open up to acceptance of ourselves and others , celebrating life at its fullest.

## 6 Elements of BioDynamic Breath & Trauma Release System<sup>®</sup> (BBTRS<sup>®</sup>)

BBTRS consists of 6 major elements

1. Deep connected breathing
2. Touch & Bodywork (resourcing, supporting somatic expression)
3. Conscious emotional expression
4. Movement & Dance (incl. Core Tension Release Exercises)
5. Sound
6. Meditation



The BBTRS elements are carefully blended together to create a smooth and seamless session flow. All the 6 elements are needed during a session at various stages (not necessarily all at once) to support successful trauma release and integration.

### 1. Deep connected breathing

Deep connected breathing is a major tool used in our approach to trauma release.

Deep unrestricted breath represents health, vitality and the ability to flow with life's circumstances. During traumatic events our breath becomes restricted and shallow to prevent an overflow of the emotional charge. This is our body's defense mechanism and was intended for emergencies only. The problem begins to arise when this protective armoring stays in our bodies, preventing us from taking a deep full breath in our moment to moment lives.

Deep connected breathing is used in the BioDynamic Breath & Trauma Release system to build up an energetic charge in the client's body. The tool of conscious breathing is a foundation of this work. When the client's body is charged with energy this creates an opening for deep suppressed emotional energy to percolate to the surface to be released. Core tension related to past trauma begins to release. This process frees up incredible amounts of stored energy.

## 2. Touch & Bodywork

Bodywork is a fundamental supporting element in breath sessions. When we apply touch to the contracted muscles in the body, we support a flow of energy to areas of the body that were previously contracted and had cut off their own physical and energetic circulation. When energy flows freely throughout the body this creates the foundation for physical, spiritual and emotional release. With assistance of bodywork and breath we create space for the nervous system to release. Bodywork and touch can be used as a major resource in supporting a session. The supporting facilitator is an external resource for a client and represents a pillar of safety and knowledge. This can be conveyed through loving kindness and a caring touch. Bringing the breather's attention to the area of safety in their body during the session shifts their attention from the area of charge to the area of safety and creates the basis for the nervous system to release in a soft way without overwhelming the client. This can be done a few times throughout a session (Pendulation).

### The 4 stages of touch

used with presence, sensitivity and heart. In the BBTR system we have developed a system of touch that includes intention and energetic touch before we use actual physical touch. At all times the impulse to touch is best originated from a place of feeling, not thinking. The practitioner is invited to be in touch with their breath, breathing into their heart. And at the same time breathing with the client too. This takes the practitioner's awareness into the heart and away from the mind. Out of thought and into a space of intuitive sensing, feeling: Of deep presence. From this space we can move through the following stages of touch

**1. Intention** – the power of intention is amazing. If the facilitator is connected to their client, the client may already respond to the simple power of their intention. If one senses the need for the breath to rise from the belly into the chest, invite the breath to go there with the combined power of heart and mind (never just the mind).

**2. Approach** – After some moments, if there is no response to this, one can very gently approach the client's physical body with the hand. Begin from a distance of 25-30 cm from the body. If one is tuned into the present moment and the client, it is possible to feel the subtle energy fields of the client and therapist interact. This is often enough to move the energy into the intended place.

**3. Pre-touch** – The next stage of touch during which the hand is held just a few centimeters above the body where one can sense the heat of the client's body. This is the space where Reiki practitioners give their healing energy from. Not touching, but very close to a physical connection between the 2 bodies.



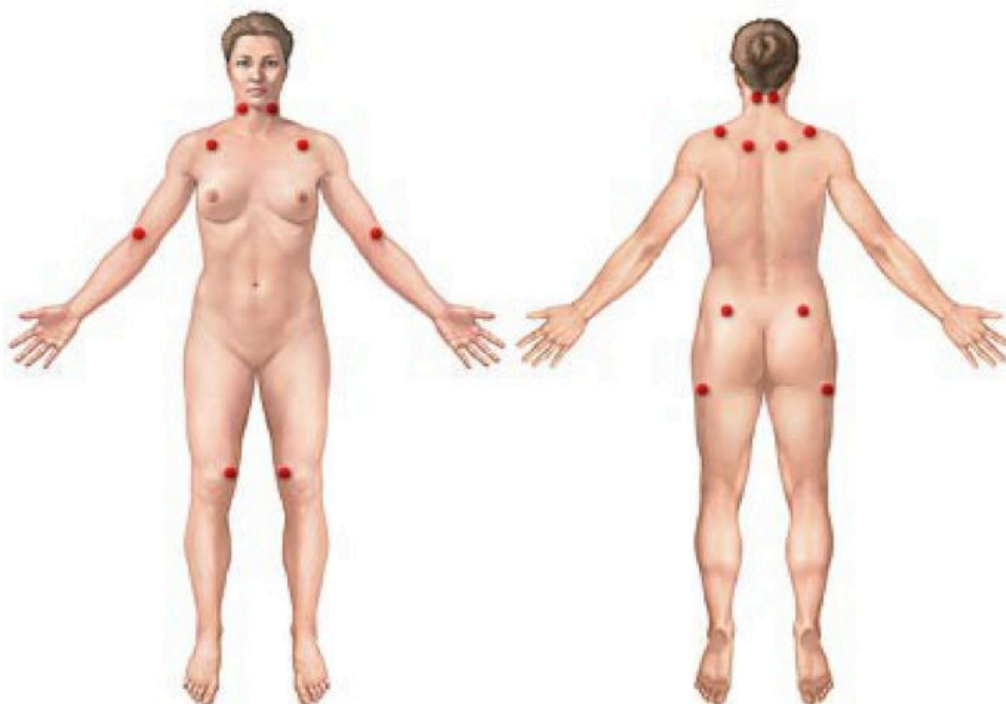
**4. Touch** – The final stage of the 4 stages of touch is actual physical touch. Again, one must always be in touch with the heart, conscious of one's own breath, and the clients breathing pattern too. And this too should start with a very gentle, tender touch, like when one is touching a baby. With love, with empathy and with compassion.

### **Bodywork Techniques to support breath session**

- a. Pressure points
- b. Myofascial unwinding and release
- c. Deep and soft bodywork
- d. Joint release
- e. Tapping

#### **a. Pressure points**

Pressure points have been used in Chinese medicine for hundreds of years to support the body's natural healing. Points are located all over the body along the meridians (energy channels), which correspond to the internal organs. According the Chinese medicine system, our energy flows throughout the body through these meridians. When we apply pressure to particular points on these meridians we support the flow of life force. At times we use light pressure and other times this pressure may be strong, depending on what is needed at any point during a session. This is an intuitive process, and caution and ultimately experience is needed in the use of these pressure point techniques.





### **b. Myofascial unwinding**

The term fascia means connective tissue. Connective tissue connects everything to everything else in our physical bodies.

The term “unwind” generally means to relax, become less tense, or to ease off. “Unwind your body” is a common phrase used to promote relaxation in bodywork. Fascial or myofascial unwinding is a type of bodywork that aims to release restrictions in the various types of connective tissues by encouraging parts of the body to move to areas of ease. With the support of a therapist who helps induce the unwinding process, it is often followed by a spontaneous bodily reaction: bending, rotating, twisting or some other movement of parts of the body in a non-rhythmic pattern.

Myofascial unwinding is a gentle non-invasive process which responds to the body’s inner intelligence, not forcing the tissue in a particular direction. The process facilitates the body’s own physical release. It is a bodywork technique that needs to be experienced to be appreciated. Unwinding can be thought of as an expression of inner movement. Sometimes just a gentle touch with a clear intention of restoring balance and being aware of client’s body can stimulate unwinding. Unwinding can happen automatically when a therapist is working on a client’s soft tissues. The client generally moves in response to the therapist’s touch and inner feeling. The movement can be large or small, involving some parts of the body or the whole body. In some cases, emotional release can occur during unwinding, therefore it is important to distinguish between pure physical unwinding and emotional release.

**c. Deep and soft bodywork**

Bodywork is used to stimulate opening in the muscular system during the breath session. At times we use deep bodywork and other times it is soft bodywork. It all depends on what the client needs at any point during a session.

**d. Joint release**

Joint release is a bodywork technique that unlocks the tension in the client's joints. We pick up the client's limbs and very slowly move them in a spontaneous (non- rhythmic) way. This confuses the physical holding patterns and produces a release in the joint. Joint release is very beneficial for people who are shallow breathers and can be used to trigger myofacial unwinding.

**e. Tapping**

Tapping is a nerve stimulation technique. It is used to gently bring the client's attention to the area where the breath is not flowing smoothly. We use the fingertips to tap a particular area of the client's body to stimulate nerve endings. Tapping can be very powerful and can trigger emotional release as it gives the nervous system a signal that it is safe to let go of the holding pattern.

**3. Conscious emotional release**

Conscious emotional release can be and oftentimes is part of a BBTRS® session, but not the goal. Support your client to stay present while revisiting deeper feelings and sensations. As a supporter, return to your own sense of comfort and felt sense whenever necessary while supporting your client. This balance is key to the BBTRS approach. It supports clients in releasing and integrating a traumatic experience without overcharging the nervous system, and instead of simply reliving it or becoming overwhelmed by emotional expression.

**4. Movement & Dance**

Movement and dance is a very important part of BBTRS. Movement is used at the beginning of the session to warm up our bodies for breathing, to stimulate our respiratory system and encourage energy to flow. Movement is also used in conjunction with breath to unlock both deep and superficial muscular tension. Conscious movement creates a deeper awareness of our bodies and calms the mind, helping us to attain a meditative state. Movement requires more breath. It is essential to prepare the body for the breath to fully enter.



## **5. Sound**

The effects of internal (our voice) and external sound on our nervous system are truly awesome and one of the most powerful, supporting tools we can use in our sessions.

With conscious intention, vocal, recorded or live instrumental sound is a tremendous resource in a BBTRS session.

As we have learned, during a traumatic event, our cells contract to prevent spontaneous release in the form of vibration and trembling. This contraction may be held and stored for many years. The same way shaking begins to loosen these contracted tissues thus encouraging the release of tension and movement out of the frozen state, sound has a similar effect on our cellular memories and our complete muscular and nervous systems.

Many forms of sound can be used in a session. Recorded music and sounds as well as live sounds from musical instruments and voice. Clients' own voice is one of the most powerful instruments to work with in a session. Toning and vocalizing will directly impact their physical body as voice resonates within their chest. Toning will support the opening of tight throat and unlock our client's expression center supporting them to 'find' their voice.

## **6. Meditation**

*To Be With Yourself Is Meditation*

Meditation is another powerful component of BBTRS and a major resource. Through meditation we can integrate what has happened in a session. The deepest insights come to us when the mind is quiet and we connect to our true essence, which is still and silent. The self-realizations gained in meditation can never be given to us by someone else. Meditation also gives the nervous system a chance to calm down and rest. This is especially necessary after an intense breath session.

The two basic desires we human beings have are the desire to love and be loved and the desire to understand and to be understood. They are natural and deeply ingrained in us. Because of these desires we often do things that compromise our true calling in life. In meditation and conscious self work, we let go of these desires and return to joy, freedom, self-possession, self-assertion and ultimately inner peace and silence.

**What Osho says about meditation:**

*"Once you turn in, meditation has started. Meditation means the capacity to be joyously alone, the capacity to be happy with yourself, the capacity to keep company with yourself. To be with yourself is meditation. There is no need for the other in meditation; the joy of aloneness, not the misery of loneliness, is meditation... Meditation in the East is not what is understood in the West. In the West, meditation means contemplation: meditating on God, meditating on truth, meditating on love... Meditation in the East has a totally different meaning, just the opposite of the Western meaning. Meditation in the East means no object in the mind, no content in the mind; not meditating upon something but dropping everything; neti, neti, neither this nor that. Meditation is emptying the self of all content. When there is no thought moving inside you there is stillness; that stillness is meditation. Not even a ripple arises in the lake of your consciousness; that silent lake, absolutely still, that is meditation. And in that meditation you will know what truth is, you will know what love is, you will know what godliness is."*



# True meditation

True meditation has no direction, goals, or method. All methods aim at achieving a certain state of mind. All states are limited, impermanent and conditioned. Fascination with states leads only to bondage and dependency. True meditation is abidance as primordial consciousness.

True meditation appears in consciousness spontaneously when awareness is not fixated on objects of perception. When you first start to meditate you notice that awareness is always focused on some object: on thoughts, bodily sensations, emotions, memories, sounds, etc. This is because the mind is conditioned to focus and contract upon objects. Then the mind compulsively interprets what it is aware of (the object) in a mechanical and distorted way. It begins to draw conclusions and make assumptions according to past conditioning

In true meditation the emphasis is on being awareness; not on being aware of objects, but on resting as primordial awareness itself. Primordial awareness (consciousness) is the source in which all objects arise and subside. As you gently relax into awareness, into listening, the mind's compulsive contraction around objects will fade. Silence of being will come more clearly into consciousness as a welcoming to rest and abide. An attitude of open receptivity, free of any goal or anticipation, will facilitate the presence of silence and stillness to be revealed as your natural condition.

Silence and stillness are not states and therefore cannot be produced or created. Silence is the non-state in which all states arise and subside. Silence, stillness and awareness are not states and can never be perceived in their totality as objects. Silence is itself the eternal witness without form or attributes. As you rest more profoundly as the witness, all objects take on their natural functionality, and awareness becomes free of the mind's compulsive contractions and identifications, and returns to its natural non-state of Presence

The simple yet profound question, "Who Am I?," can then reveal one's self not to be the endless tyranny of the ego-personality, but objectless Freedom of Being - "Primordial Consciousness in which all states and all objects come and go as manifestations of the Eternal Unborn Self that YOU ARE.

~ Adyashanti

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# Use of Music in BBTRS

**Have you ever asked yourself this question; How would life be different without music?**

We are the only creatures on this planet that are able to appreciate and understand music. We are also the only ones that are able to give structure to music in the form of harmony, beats, notes, scales and musical keys. A huge variety of musical instruments have been created, with an incredible array of sounds. Something as simple as a stone and a stick can be used to create funky beats and the most advanced computers are creating complex electronic sounds.

I find it interesting that music has no practical utilitarian quality yet it is widely used and appreciated for how it highlights and supports emotional and physical feelings.

We are born from sound. It was previously understood that the strongest and most persistent sperm reached the egg first to penetrate its membrane and begin a new life. However, we have come to learn that the sperm, which vibrates at the same frequency as the egg, is the penetrator of its membrane. Any kind of vibration, regardless of perceivability, will produce an audible sound when magnified. Hence, our birth began from the synchronicity between the vibrational pulsation of our mother's egg and our father's sperm; we are conceived from vibrations creating sound.

Everything in the universe vibrates. Every cell in our bodies has a particular frequency that depends upon and interacts with every other cell. Just as a cycle of life and death is a pulsating rhythm, the birth and death of a star and/or a galaxy is also a vibration on an unimaginably grand scale.

Sound effects us deeply; it can cause stress amidst loud construction or traffic noise and it can be soothing and tranquil when enjoying a beautiful piece of music or hearing sounds of birds singing in the nature.

The effects of external sound on our nervous system are truly awesome and one of the most powerful, supporting tools we can use in our sessions.

With conscious intention, recorded or live instrumental sound, is a tremendous resource in a BBTRS session.

As we have learned, during a traumatic event, our cells contract to prevent spontaneous release in the form of vibration and trembling. This contraction may be held and stored for many years. The same way shaking begins to loosen these contracted tissues thus encouraging the release of tension and movement out of the

frozen state, sound has a similar effect on our cellular memories and our complete muscular and nervous systems.

Vibrational frequencies support cells to detach from each other therefore creating space for fluids to circulate. This brings blood and nutrition to cells and a pathway for the removal of waste products contributing to the homeostasis of our entire organism.

For example, put some water in a Tibetan singing bowl or crystal bowl and play it. You will instantly see how the water molecules react to the vibration as they change and form into different geometric patterns. Since our bodies consist of up to 75% water, this is precisely the same response we have to sound.

The use of music in sessions can vary greatly depending on what you want to achieve. Music can be used to evoke emotional states. It's a great benefit when setting a particular mood or inviting the client into a desired state during the beginning, middle or completion of a session.

It's extremely valuable to have a playlist that you are very familiar with when working with music in a session. Accidentally putting on a track from a mis-matched vibration, will disturb and distract from the client's experience instead of adding a supporting element.

The best way to organize a session playlist is to keep the choices manageable in size yet to have a variety of musical genres, instrumentation and sounds available, including a variety of beats, structures and tempos.

A BBTRS session can take an unexpected energetic turn therefore it's best to be ready to spontaneously change your music type or turn it off completely, if necessary. It's also not mandatory or necessary to play music for each individual session. Somehow musical accompaniment works better for group sessions than individual ones and it also could be a very powerful supporting element in one-on-one work.

I like to start my individual BBTRS sessions in silence. Over the years of working with people, I have found that playing music at the onset of a session may set a particular tone which might not align with their internal vibration or what they actually need in that particular moment. Give some time for the session to evolve, before turning on your music. Take this time to tune into your client's emotional state as well as to authentically discover in what direction this session is moving.

Choosing music for your session playlist is lots of fun and only should be done when you feel inspired to do so. If your inspiration isn't there, it will result in poor musical choices that will fail to move your client. Take the time to listen to various genres and go through many musical and emotion landscapes before you come up with a particular playlist. Become aware of music, which is used as space filler and please do not incorporate this into your playlists, as it may negatively impact the session. Base your musical choices on how you feel when you're listening to a particular piece of music. Clear all external "noise" and sit with music only.

As you move through the tracks, please inquire into these questions:

What emotion(s) does this piece evoke in me?

Does it inspire me to move or dance?

Does it support silence and stillness?

Do I feel empowered by this piece of music?

Does I feel connected to my primal animalistic source energy, my ancestors and Mother Earth? For example, the tribal sounds of the drum and didgeridoo.

Does this piece bring up a memory or situation from my childhood?

Does this singer touch my heart with her voice ... are you asking; "how does this performer know how I feel?"

Does this piece invite sadness and/or has the potential to bring tears?

For example; the sounds of classical cello or violin music as well as soft expansive vocal landscapes.

After listening to particular pieces of music with the inquiry, you will have an experience of what can possibly be evoked and supported by each piece thus able to spontaneously choose based on the intention of an exercise or feel of a session.

Towards the end of a session we energetically invite our client to a place of resource and integration. We use music in this integration phase that has qualities of expansion, vastness and softness. This allows time for all the systems of the body to settle, slow down and merge into wholeness. Your musical choice should reflect that space.

There is no comparison to the power of the sound coming from acoustic and live musical instruments. Using live instruments such as frame drum, flute, didgeridoo, gong, guitar, singing bowls, chimes and shakers are highly encouraged in BBTRS sessions. The effects of vibrations coming from musical instruments, which are played close to or directly over our client's body, are truly spectacular. In particular, I never cease to be amazed at the power that live sound from a shamanic frame drum or a didgeridoo has when played at the "right" time directly over the body.



The evidence is visible to the particular area over which the instrument is played; you can see and feel the healing response instantaneously happen as the breather's body responds to the sound.

Clients' own voice is one of the most powerful instruments to work with in a session. Toning and vocalizing will directly impact their physical body as voice resonates within their chest. Toning will support the opening of tight throat and unlock our client's expression center supporting them to 'find' their voice.

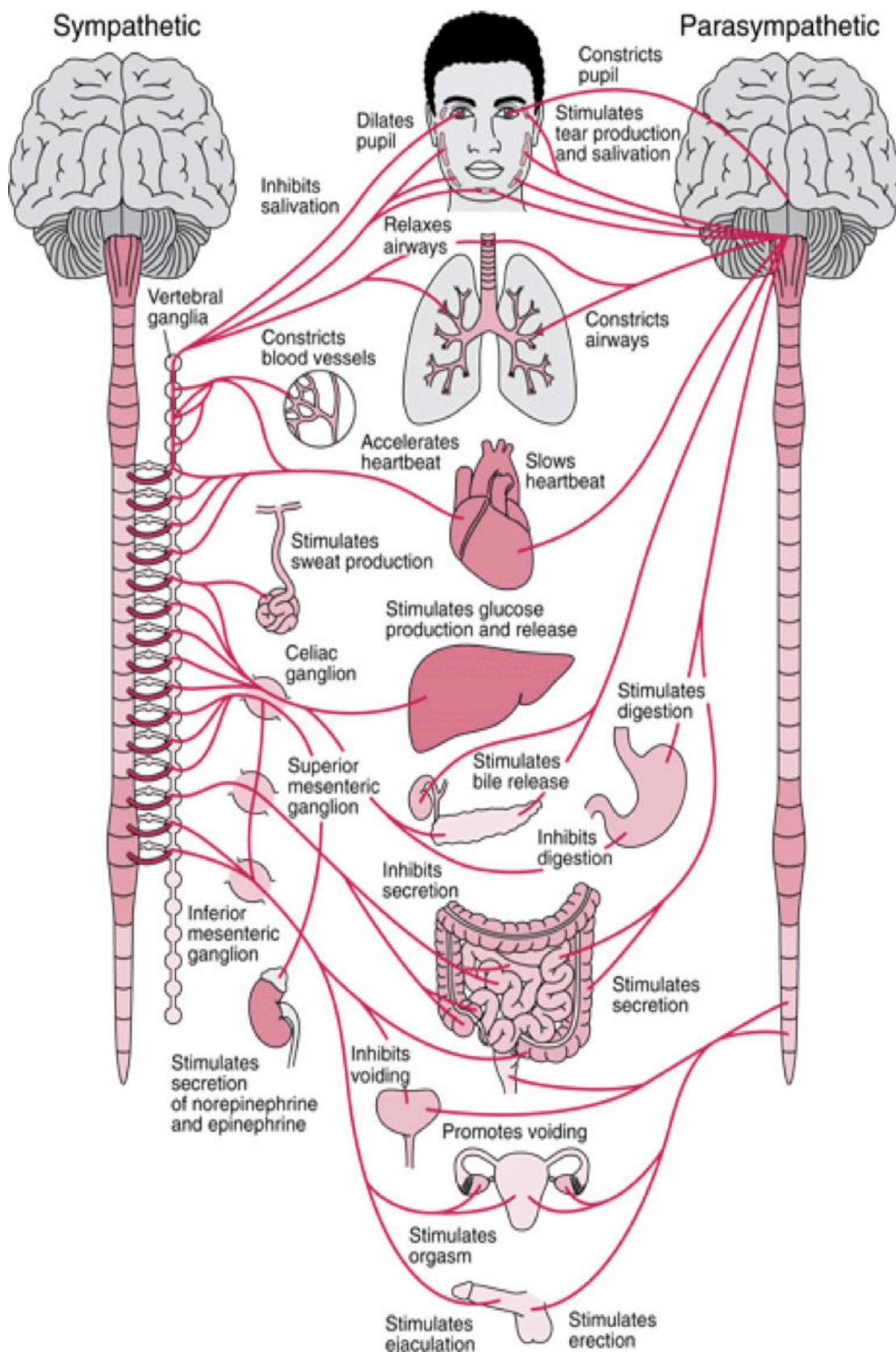
We use the sounds of bass musical instruments such as African drums, shamanic frame drum and didgeridoo to open the areas in the lower parts of the body around the pelvis and belly. Sounds with lots of bass qualities greatly support our cells to loosen the attachment from each other and open the energetic flow.

Flutes of various kinds affect the heart area supporting your client to merge into a soft, spacious connection with themselves. Gongs for example, have such a wide harmony and range of sound that the effects usually impact the entire body. On more than one occasion, I felt my body going into a full systemic release while at the 'gong bath'.

Shakers and rattles have a finer vibrational effect and deep impact on the nervous system. They are used in many shamanic traditions to facilitate healing sessions. It's advantageous to gently use them at the end of a session over the entire body.

Experiment with the use of various instruments and sound makers. Have fun with it. Notice the effects they create and be ready to bring them into your session at any time you feel appropriate to support your clients emotions and physical state.

# Anatomy and biology of trauma



# Trauma is in the nervous system, NOT in the event!

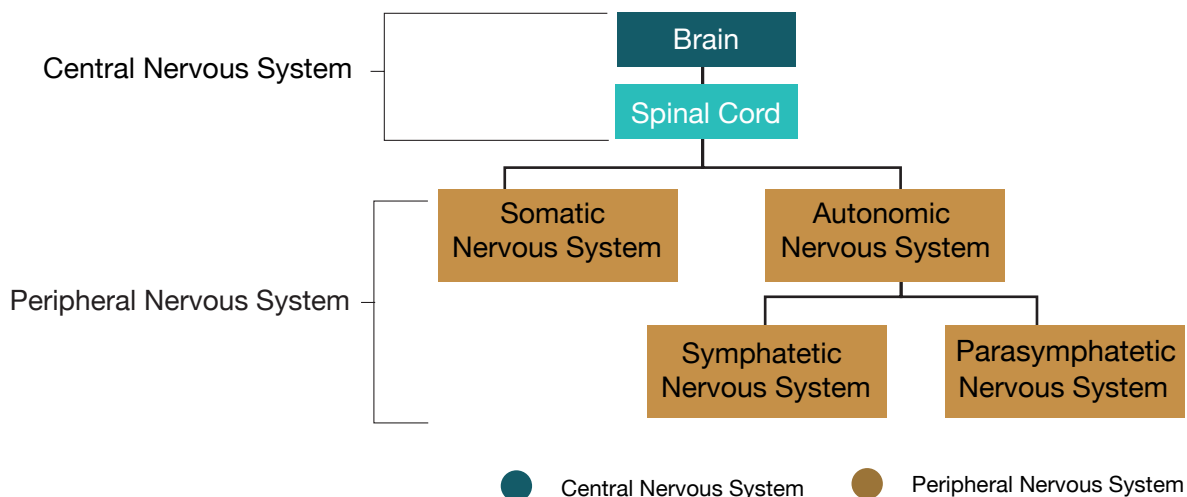
## Human Nervous System

### The Central Nervous System (CNS)

- The brain
- The spinal cord

### Peripheral Nervous System (PNS)

- Autonomic nervous system
- Somatic nervous system (Sensory-Motor)



What is Trauma ~ any experience that overwhelms the normal coping mechanisms of the body (too invasive). Trauma is about interrupted instincts. Instincts by definition are always in the present.

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and having lasting adverse effects on the individual's functioning and physical, mental, emotional, or spiritual well-being.



## Types of trauma:

**Stress** ~ any internal or external experience that requires changes of the normal coping mechanisms of the body (normal = easy to deal with)

### Physical

### Emotional

**Vicarious traumatization** ~ an unconscious infection of the thinking process due to exposure to other peoples traumatic experiences (other peoples stories affecting you)

**Compassion fatigue** ~ any intense experience in which emotions are suppressed or unacknowledged. (not allowing emotions to come through)

**PTSD: Post Traumatic Stress Disorder** ~ an anxiety disorder following distressing events outside the range of the normal human experience (trauma is experienced even though the event is in the past, which stays with us and renders one unable to process it)

### Identifying PTSD:

- ~ Nightmares about the trauma
- ~ Detachment (pulling away into yourself)
  - ~ low level is natural and high level can lead to depression
- ~ Disturbing memories of the event
- ~ Lack of concentration
- ~ Flashbacks
- ~ Laps of memory
- ~ Symbolic avoidance (avoiding situations related to the trauma)
  - ~e.g.: not able to travel in a car after being in an accident

### When the nervous system becomes overwhelmed

- ✓ individuals can lose the capacity to stabilize and regulate themselves
- ✓ it results in feelings of helplessness, hopelessness and a sense of being out of control
- ✓ individuals are left vulnerable to further insults
- ✓ it leads to debilitating physiological, cognitive, emotional, behavioral and spiritual symptoms, and a host of stress-related disorders

### 4 things occur during trauma:

1. Environmental stimuli ~ real or imagined
2. Biochemical responses ~adrenaline or opioids
3. Autonomic arousal ~ heart-rate and blood pressure
4. Muscle tone and function ability

### 2 Basic responses:

1. Hyper-arousal continuum ~ fight or flight response
2. Dissociative continuum ~ defeat or surrender response

**The body as an adaptive advantage selects one of the two basic responses to encourage survival. This decision is based on**

- ✓ Age (adult and child react differently)
- ✓ Gender
- ✓ Severity of threat
- ✓ Possibility of physical injury

When the 'Fight or Flight' response becomes undirected and incomplete, it settles in the tissues of the body and becomes traumatic. Belts of tension start to form as a result of this contraction being in the body. Our drive to come out of the 'Freezing' response as well as to complete the 'Fight or Flight' process remains no matter how long it has been in place

The completion of previously uncompleted 'Fight or Flight' and 'Freezing' responses frees stuck energy in the body and makes trauma release possible.

When we harness the energy of released trauma and transform it into creativity, meditation and self-growth, this energy can propel us into wholeness of our innate intelligence.

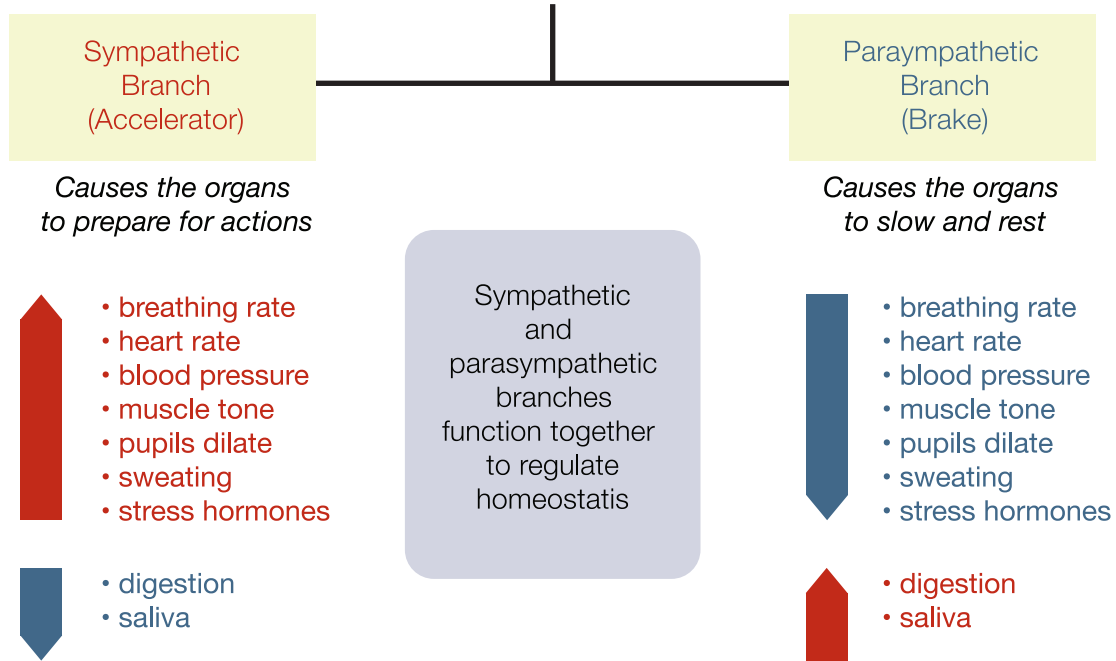
### **Results of prolonged/repeated stress**

- ✓ Body is prevented from following its natural rhythm of excitement/rest
- ✓ Adrenal glands become exhausted and go into forced state of recuperation
- ✓ Opioid system creates low grade depression, alters sense of time, place and perception of feelings
- ✓ Everyday stressors produce exaggerated reactions
- ✓ Trauma and stress become a state of pre-occupation instead of a passing experience
- ✓ Leads to vulnerability of hypertension or depression with accompanying bio-dysfunctions
- ✓ Other physical diseases

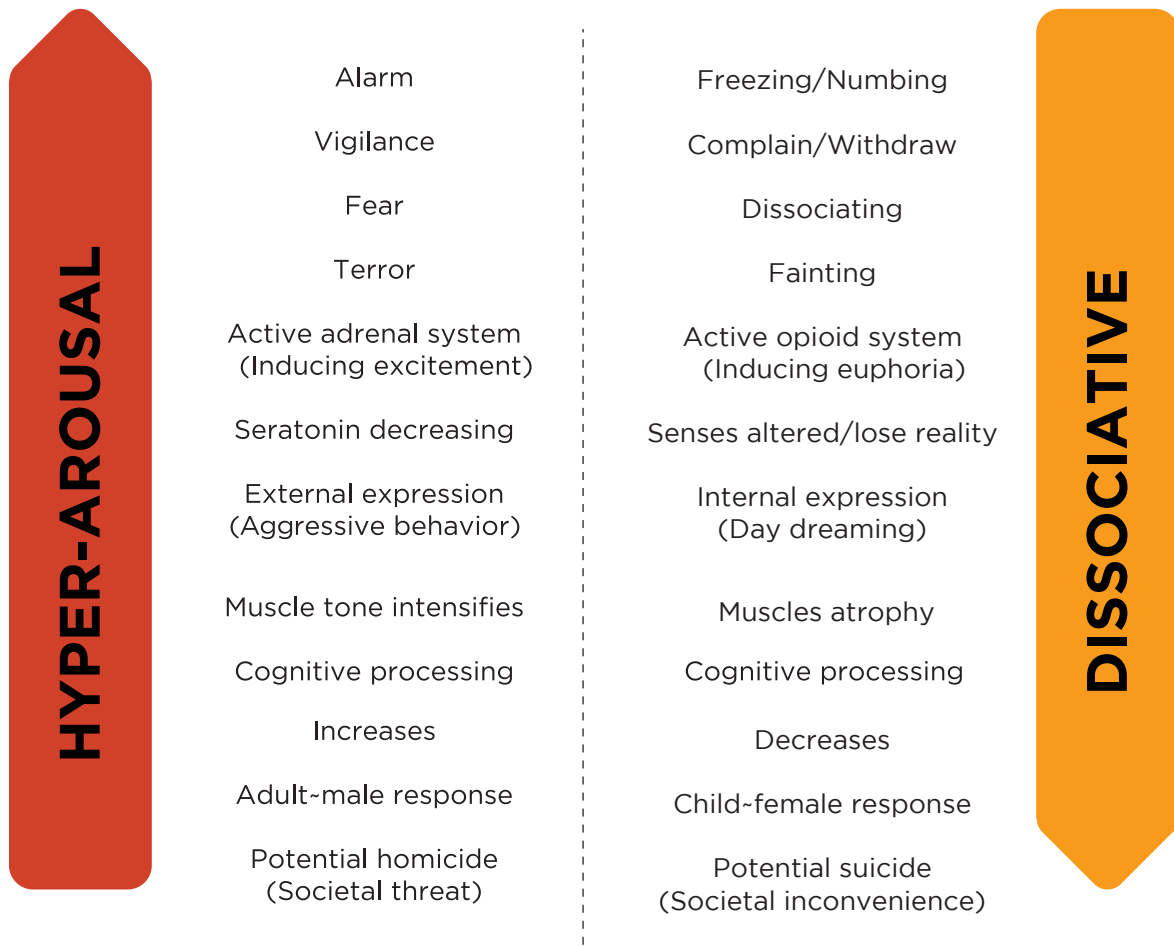
### **System overwhelm**

A new biological baseline of adrenalin or opioids is created from constant exposure to external threats, such as war, terrorism, domestic violence, psychological and physical abuse.

# Systemic responses



# Behavioural responses



# Trauma symptoms





# Trauma spectrum disorders: traumatic stress and psychopathology



**NOTES:**

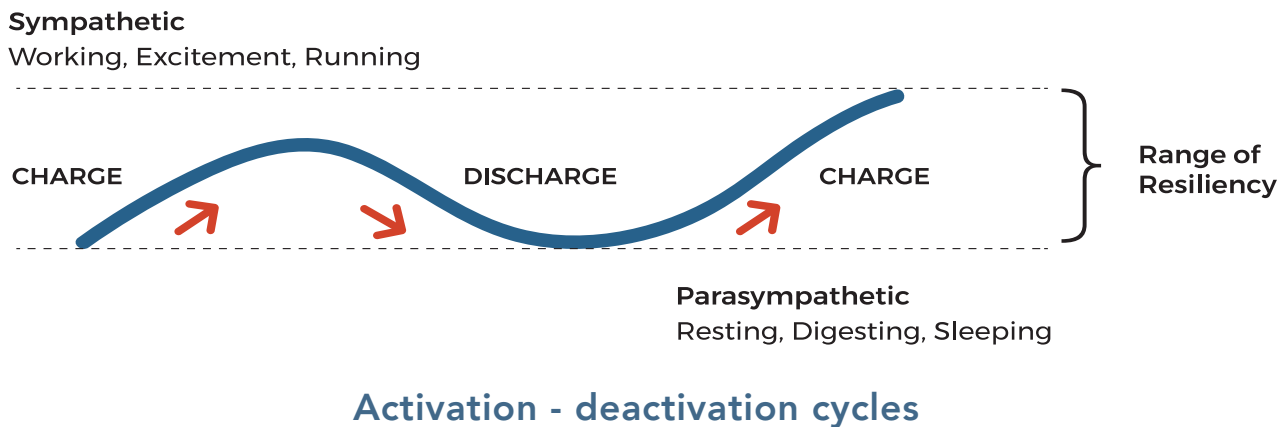
**NOTES:**

# Key points in trauma work

- ☑ Track physical sensations without attaching any meaning to them. One of our biggest resources is the body's energetic ability to not be static. Every energetic state changes sooner or later. Energy always wants to move, to change its state
- ☑ Sense which areas of the body feel frozen or contracted, and bring awareness to where the 'flight or fight' response was collapsed and left incomplete. When this energy begins to release, we start to live more fully.
- ☑ Uncouple the immobility response in the body from the emotion of fear. This frees up trapped energy to be utilized for other things. In this case felt sense is one of the most useful tools. Bringing attention to the experience without interpreting or rationalizing.
- ☑ Slow down during the breath session to allow the breather to resource and to feel. Guide the client into feeling their body sensations.
- ☑ Always be aware of your belly. This allows you to tap into vitality and aliveness. The belly is a big resource.
- ☑ **IMPORTANT!!** Keep your attention on how the client's body moves and where the upward flow of energy is restricted. Work with those areas to encourage the upward flow of energy and the release of tension. Watch out for neurogenic tremors (trembling) as they move through the body and where the tremors stop. Work in that area to free the restriction.
- ☑ If you notice that the client is overcharged and becoming overwhelmed by their emotions (active, fast, repetitive body movements and losing touch with reality and themselves) invite them to breathe through the nose. This will encourage the entire system to calm down. Once calmed, invite them again to breathe through the mouth to begin to recharge (Pendulation, Expansion/Contraction). Breathing through the mouth activates the upper portion of the lungs and the sympathetic nervous system (Fight/Flight). Breathing through the nose brings the breath lower into the lungs and activates both the parasympathetic (Calming) and sympathetic (Fight/Flight) nervous systems, which brings a sense of relaxation.



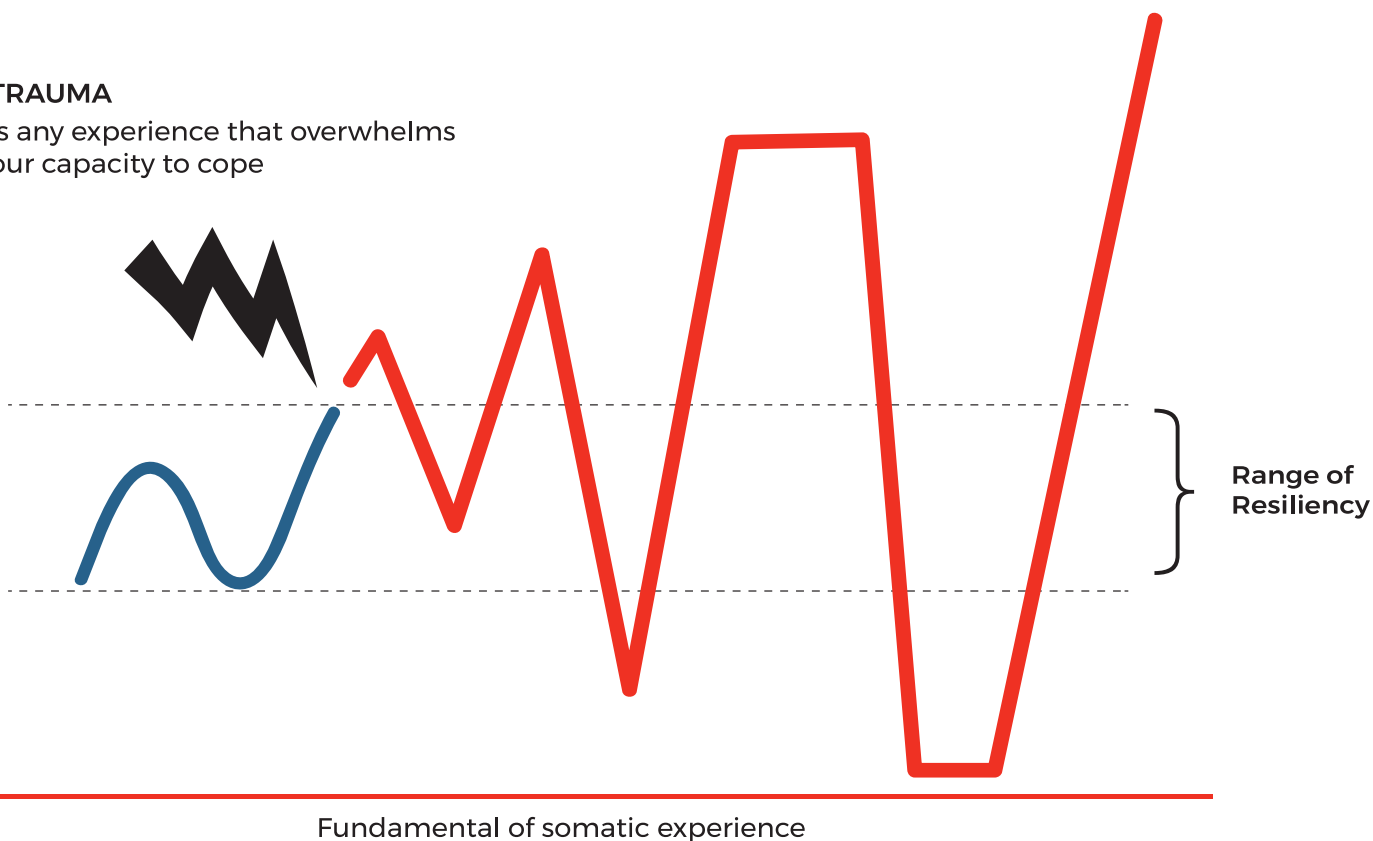
## THE RECIPROCAL RELATIONSHIP OF THE SYMPATHETIC AND PARASYMPATHETIC BRANCHES OF THE AUTONOMIC NERVOUS SYSTEM



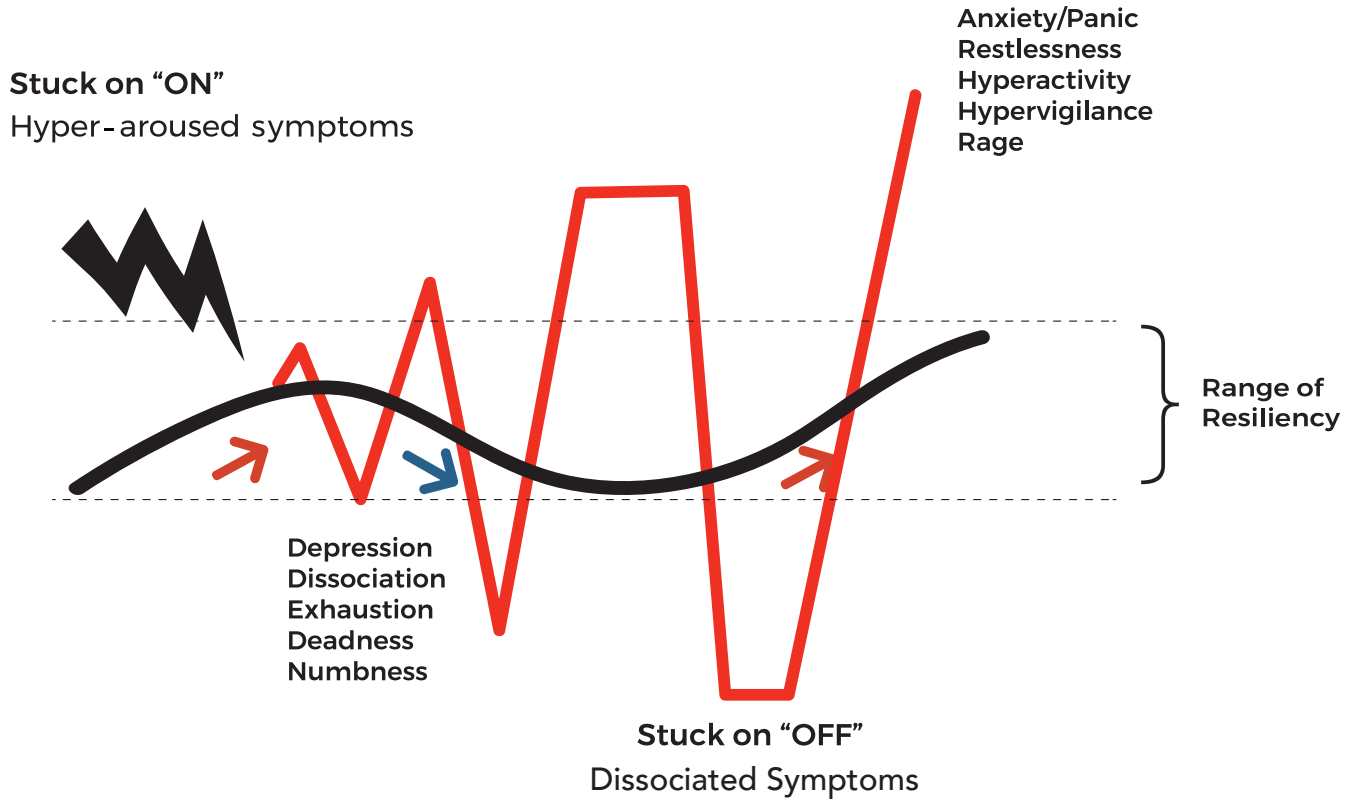
## Traumatic event!

### TRAUMA

is any experience that overwhelms our capacity to cope



# Traumatic event!

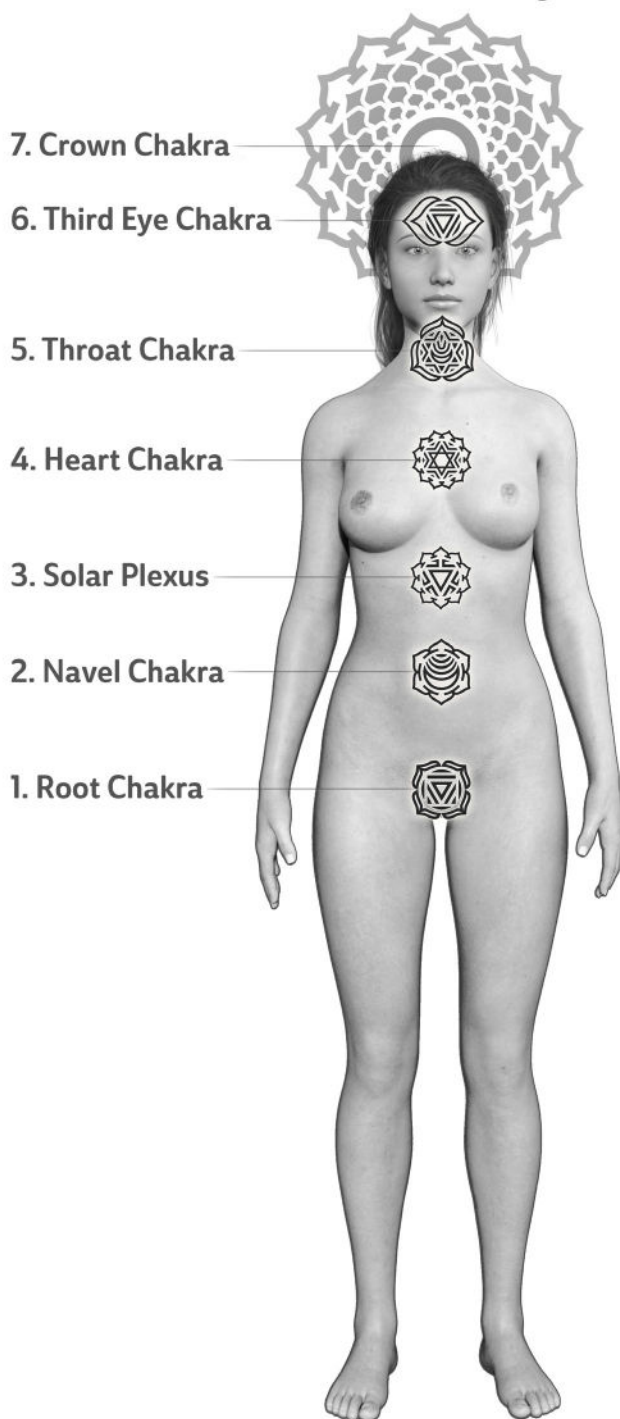


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Fundamental of somatic experience

# Belts of tension in the physical body and the 7 segments

## The 7-Chakra System



Wilhelm Reich was a major contributor to the body/mind sciences of the early 20th century, and is credited as being the key driver of this form of scientific enquiry in the West up until the 1940's. Reich proposed a model of the human condition that suggested a theory of energy being a primary component of all matter and space, a concept he called the orgone energy. This energy was important for living organisms as in effect it was a "life force".

He stated *"Armoring is the condition that results when energy is bound by muscular contraction and does not flow through the body"*. Reich saw that there existed character armoring that he defined as *"the sum total of typical character attitudes, which an individual develops as a blocking against their emotional excitations, resulting in rigidity in the body, and lack of emotional contact "*.

He defined muscular armoring as *"the sum total of muscular (chronic muscular spasms) which an individual develops as a block against the breakthrough of emotions and organ sensations, particularly anxiety, rage and sexual excitation"*.

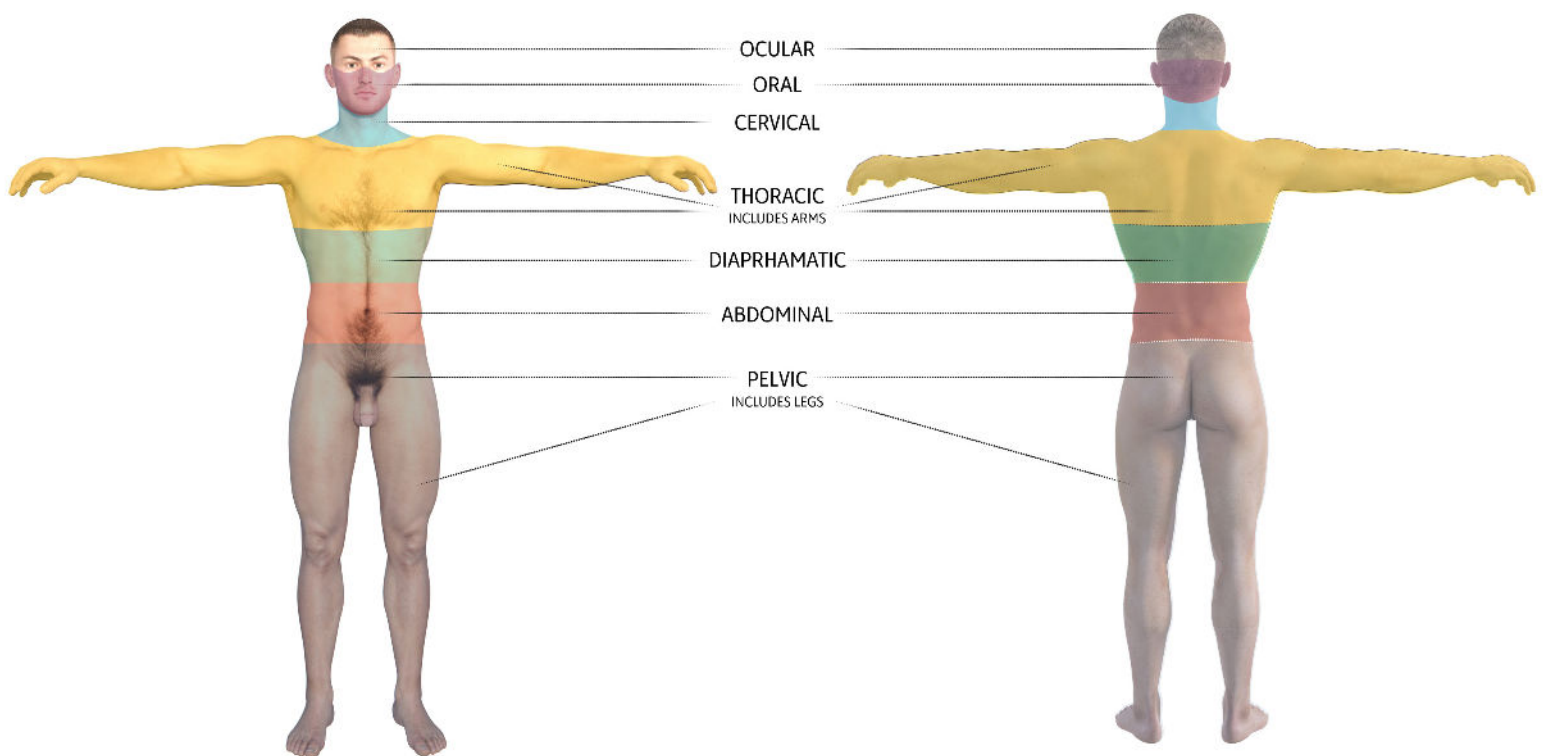
Reich then established a theory of segmental armoring to explain how the body establishes its psychic equilibrium. In this Segmental Armoring theory, seven segments of the body exist where armoring or muscular tensions develop or take place, and where the segmental contractions are at right angles to the flow of "life force" or orgone energy in the body. In fact, Reich's concept of 7 segments also related to the 7 chakra system of Eastern philosophy, and in many ways has a premise that is basically the same as proposed by Eastern philosophy.

Reich also introduced the concept of a physical block held in the body which is visible in physical appearance. Blocks often show one of the 7 segments as overcharged, and adjoining segments (above and below) undercharged. The undercharged segment often shows atrophy of muscles and skin turgor.

Reich also believed that the left side of the body revealed feminine self-identity issues, and the right side of the body revealed masculine self-identity issues.



## 7 Belts of Tension



## 7 segments as defined by Reich:

**1. Ocular segment:** all the muscles of the eyes and eyeballs, the forehead, the cheeks, the scalp, temples and the occipital lobe (the centre of vision in the brain)

**Emotional expression:** suspicion, amusement, contempt, detachment, guarding, fight, anger, and grief.

**2. Oral segment:** mouth, chin, nose, jaw, ears.

**Emotional Expression:** contempt, disgust, longing, desire, fear, pain, anger, connection, self-awareness and presence.

**3. Cervical segment:** deep neck muscles, the tongue and its operational muscles.

**Emotional expression:** self-pity, helplessness, longing, hurt, fear, pain, rage, freedom and creativity, self-expression.

**4. Thoracic segment:** intercostal muscles, the large chest muscles (pectorals), the shoulder muscles (deltoids), the muscles around the shoulders and scapulas, the arms, the heart and the lungs.

**Emotional expression:** deep heart feelings, grief, mourning, longing, love, fear, rage, anger and joy.

5. Diaphragmatic Segment: the diaphragm, the stomach, the solar plexus.

Emotional Expression: pain and pleasure, the blocking of the diaphragm is significant because it cuts the body in two, and cuts all sensing and feeling of the lower segments, such as sexual feelings, excitation, rage, hate, terror, strength and empowerment.

6. Abdominal Segment: the large abdominal muscles (rectus abdominis), the transversus abdominis, which runs from the lower ribs to the upper margins of the pelvis, and in the back, the lower section of the muscles which run along the spine (latissimus dorsi and sacrospinalis).

Emotional Expression: pain, fear, pleasure, trust, all feelings about nourishment and being nourished, relaxed in the center.

7. Pelvic Segment: almost all the muscles of the pelvis: the genitals, urinary tract, the buttocks (gluteus maximus), the adductors and abductors (in the thighs), hamstrings, and lower legs.

In BBTRS we focus on releasing these belts of tension (segments) in a systematic way moving from the top down. This creates a pathway for the repressed and bound sexual energy to rise up the body as it is released. The nature of energy is to keep moving. It finds the path of least resistance, just like a water stream flowing where there's space for it available. Therefore it is important to clear the pathway for the movement of this energy. When we unblock this pathway of movement we free up the muscular constriction and in the process release emotional blockages associated with this muscular tension. This in essence is trauma release.

### **THE PAIRING OF SEGMENTS:**

The armor segments have different types of relationships to each other. In each session we focus mainly on one segment, but include the adjoining segments as well. This approach supports the energy opening throughout the whole body. Sometimes when energy is charged and emotion starts being released in one segment, the body has the tendency to contract in another segment, usually higher up in the body, which hinders a spontaneous release. This kind of defence has functioned throughout childhood as an intelligent protection mechanism, as in hindering the expression of anger, sadness, or even sometimes joy, if circumstances would have been threatening for the child to freely express these emotions.

The client can now learn to understand the process in his or her own body and begin to trust that the unconscious, instinctive protection is not needed anymore. Whatever has been repressed can be exposed and expressed. Through this process the breather can become ready to finally deal with deep loss, grief, and trauma that was inaccessible up until now, through not having a safe container for its release. Through expression the bound up energy can be released, undirected and an incomplete 'Fight or Flight' response can be completed. One may come out of immobility or a 'freezing' response that is stuck in the body. With completing these incomplete responses body movement integration can take place.

**We find certain pairings across segments:**

**1. Eyes, arms, hands, feet and legs**

These are the primary agents of contact with reality. We see reality. We stand on the ground and grasp the world with our hands. In order to strengthen a person's grounding (which is their real contact to the world) we connect the energy flow into the extremities, particularly into the eyes, hands, and feet, by moving the eyes, and pushing with feet and hands. The client begins to develop a lasting awareness of these body parts and boundaries.

**2. Mouth, jaw and genitals, pelvis**

The movements of the jaw are closely related to those of the pelvis. If the jaw is locked the pelvis will also be locked (and vice versa), and a loosening of the jaw will influence a spontaneous loosening of the pelvis.

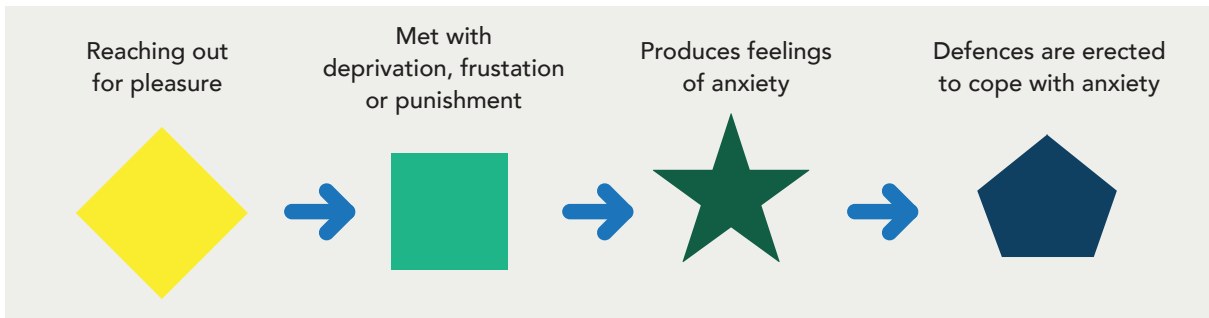
**3. Throat, ribcage, and diaphragm**

Since both are involved in the formation of word and speech, we find a close connection between the two.

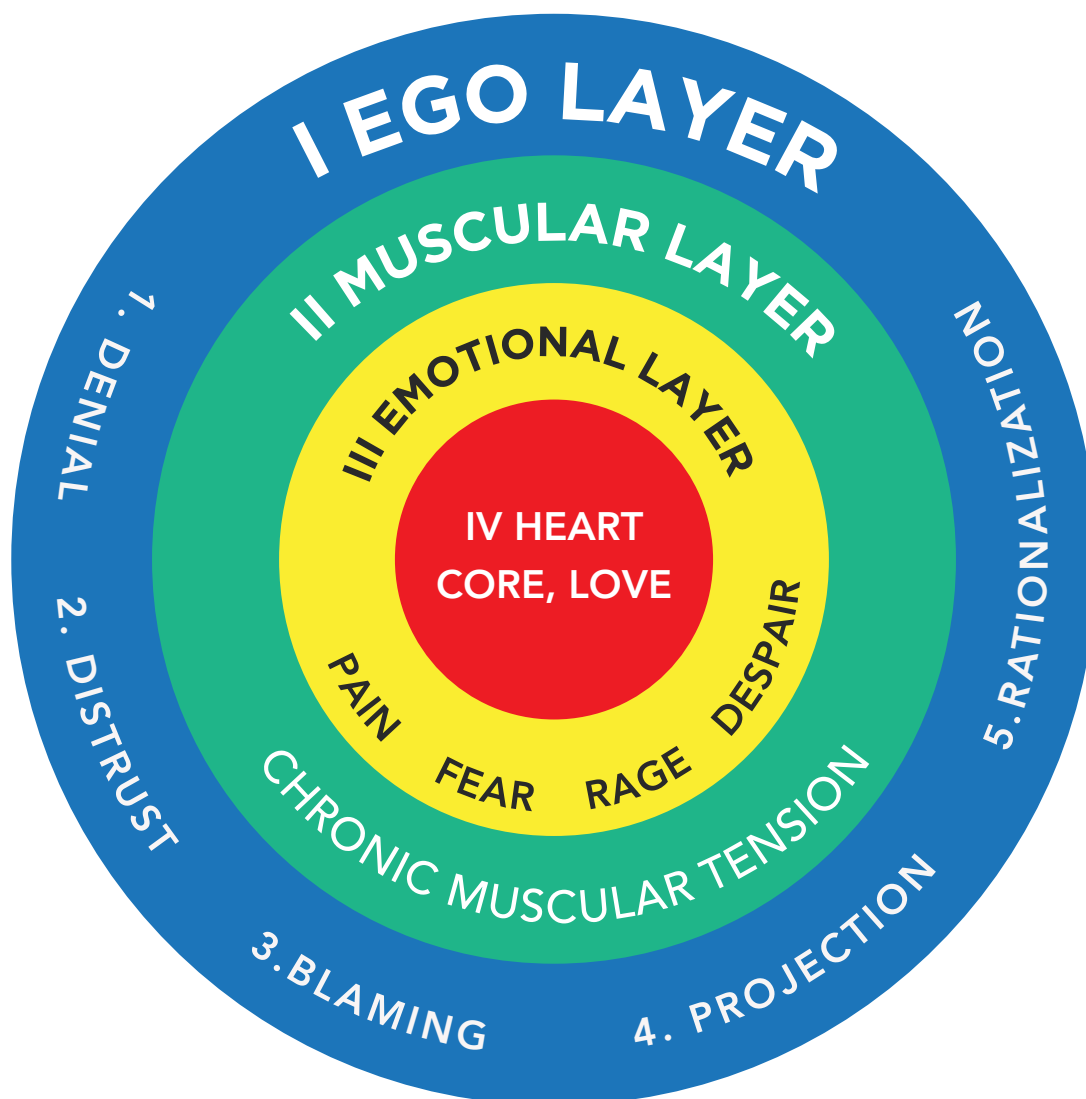
It is important to consider the rules about the direction of the work, especially when working with the paired segments,. Opening of the upper segment, like the throat, may lead to a spontaneous opening and sudden flow of energy through the lower connected segment, the diaphragm. The energy and emotional material then brought to the higher segments may not be acceptable yet and can lead to even stronger constriction of the upper segment. Therefore, it is important to support the integration of grounding and looking with open eyes such as the bioenergetics exercises as explained in the 8-session series, TRE and maintaining eye contact with the client throughout these exercises. The eyes are closed during most breath sessions and following the opening bioenergetics exercises.  
most breath sessions and following the opening bioenergetics exercises.



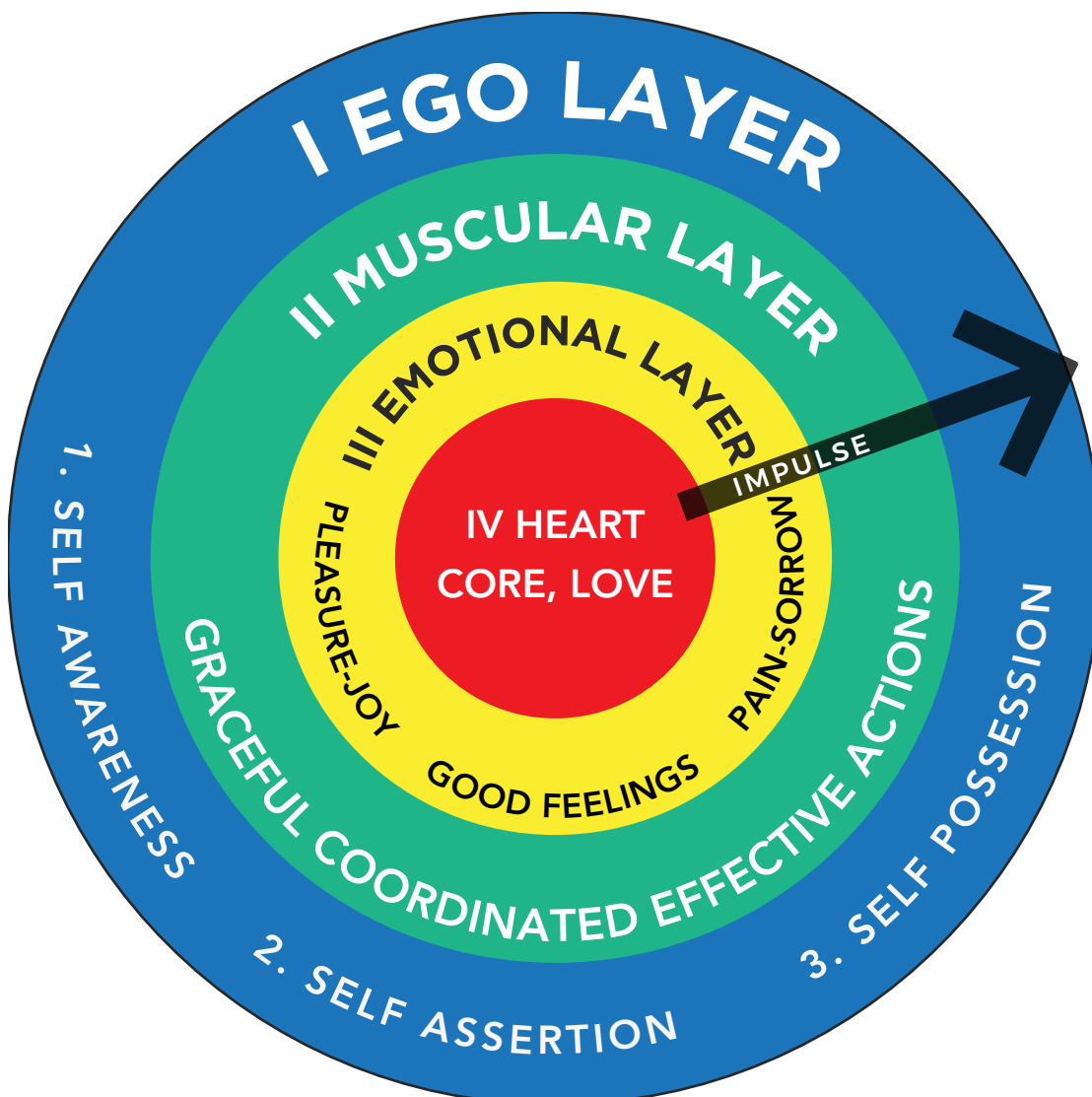
### FORMATION OF PERSONALITY STRUCTURE according to Alexander Lowen



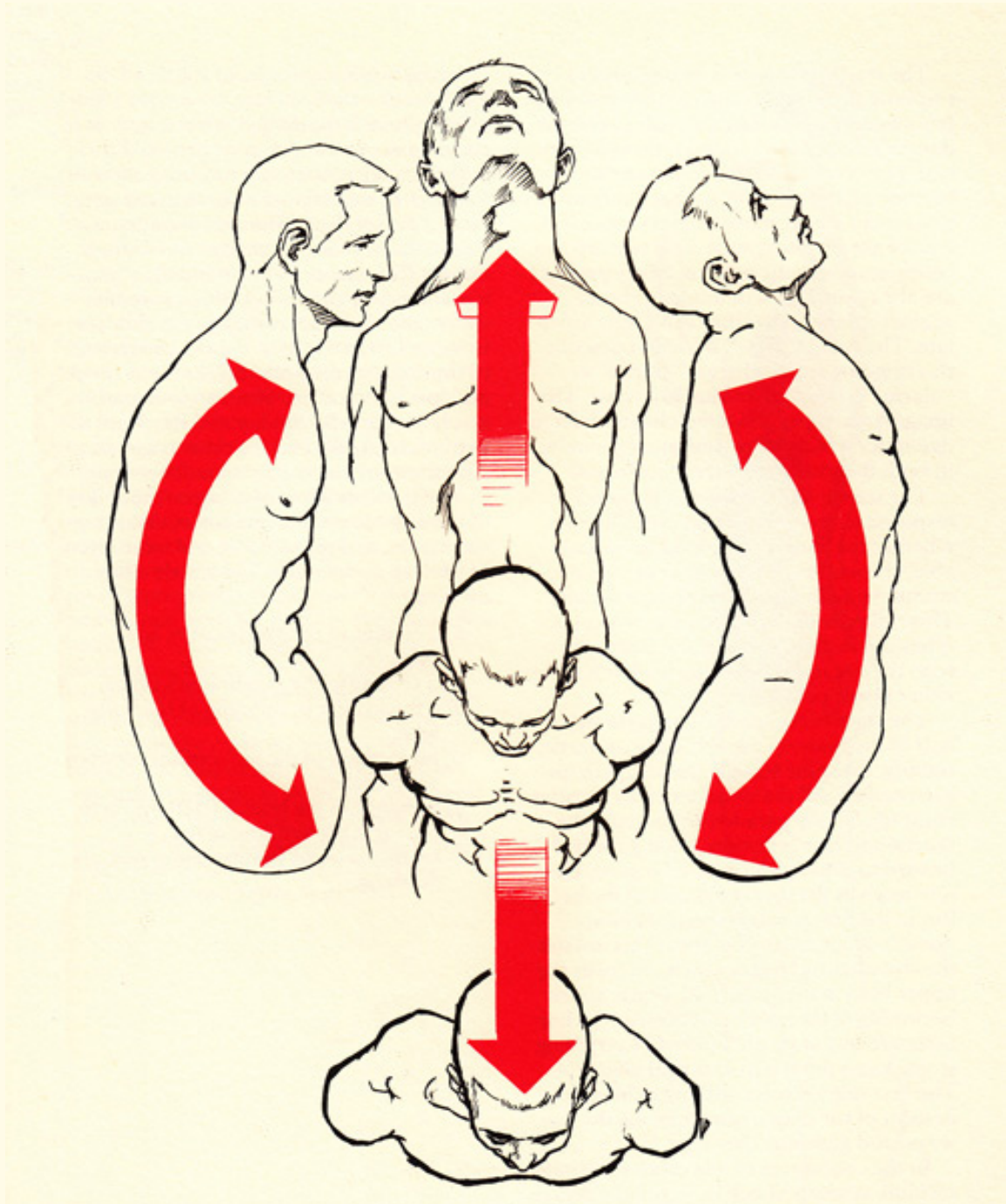
**The earlier in life that anxiety arises, the more pervasive it is and the more deeply structured the defenses against it become.**



Working with the muscular layer (2nd layer)  
supports our access to both the 1st and 3rd layers



## THE BODY'S REACTION TO TRAUMA

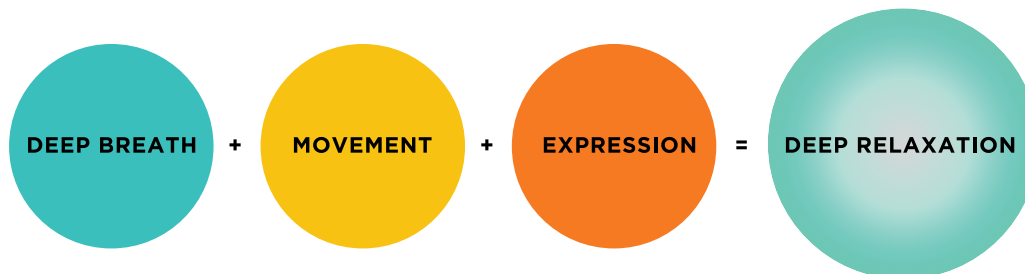


**NOTES:**



## HEALING FROM TRAUMA

**Relaxation = peace, love, joy**



Involuntary shaking and trembling releases stored anxious energy.

A key to moving through trauma is learning to separate thoughts, images, sensations and emotions that may cause arousal. When you're able to track sensations, thoughts and images that cause a strong reaction they start to lose their grip on you.

As one's passive responses are replaced by active ones in the exit from immobility (freezing/petrifying), a particular physiological process occurs: one experiences waves of involuntary shaking and trembling, followed by spontaneous changes in the breathing pattern: from tight and shallow to deep and relaxed. These involuntary reactions function to discharge the energy that was released into the body but for whatever reason was not expressed or was interrupted while being expressed. It is important to let the person fully complete this discharge.

People are scared of immobility (freezing) as well as rage that comes as the next step of unbound immobility. Self-judgment about their rage is what keeps people living as traumatized individuals.

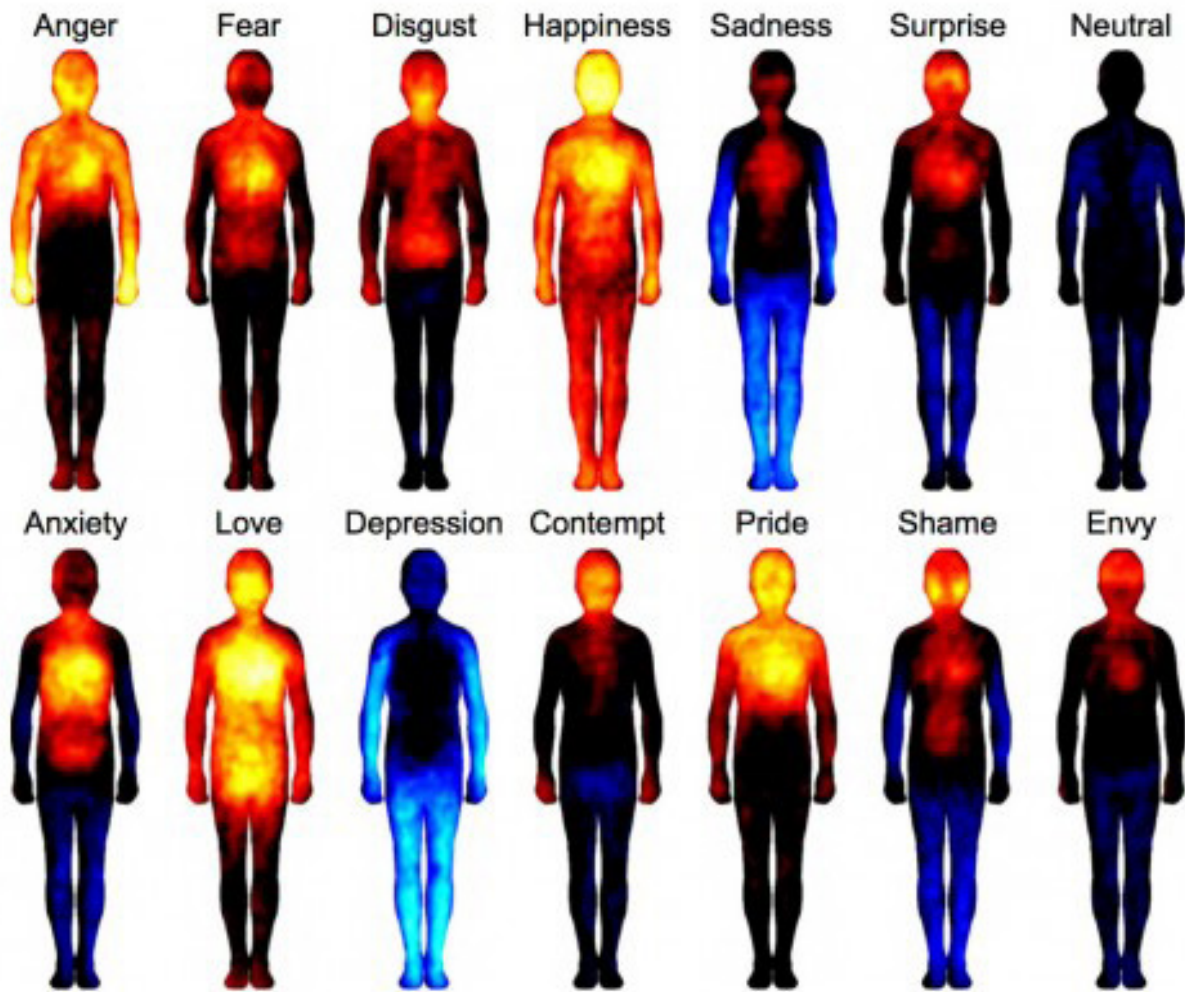
**The fear that fuels our immobility can be categorized into two separate types:**

1. The fear of entering immobility, which is the fear of paralysis, entrapment, helplessness and death
2. The fear of exiting immobility, of the intense energy of the "rage-based" sensations of counterattack

When fear is separated from the sensation of immobilization, fear simply dissipates and ceases to exist as an independent entity. The vicious cycle is broken.

A way to heal trauma is to help the person very gently move out of the immobility effect by uncoupling the fear of immobility from the immobility effect.

## AREAS OF CHARGE DISTRIBUTION DURING EMOTIONAL STATES



## DIAGNOSTICS

The tightest muscular tissue will hurt first



**Contraction** = danger, fear, anger, hate

- ✓ creates decreased oxygen flow which leads to muscular pain
  - ✓ requires energy to hold the muscles tight
  - ✓ a healthy coping mechanism for emergencies; not for daily living
  - ✓ body contracts for physical protection
  - ✓ restriction of breathing to reduce feelings and sensations  
(too much to feel at the moment)
- \*\* Anxiety;** generating more energy than the body is utilizing

**Your body's two main feeling centers:**

1. Belly - Swadhisthana chakra (2nd)
2. Heart - Anahata chakra (4th)

One of main emotions encountered in the belly is FEAR

**Center of gravity**

**Sacral vertebrae #3**

When there is tension in the pelvis, it can disrupt our mobility and upset the balance and harmony of the whole body. Restriction in the pelvis has an effect on the rest of the body. When we release tension in the pelvis and jaw the rest of the body tends to release as well.

**Establish safety**

- A. Environment
- B. Understanding who you are
- C. Trust in Humanity
- D. Moving into spirituality = a natural process that encompasses a new understanding of who you are. Moving into spirituality or a belief system too soon will be an escape from wanting to encounter your own pain.

Word enthusiasm comes from the Greek root 'en'- meaning within and 'theos'- meaning God. When we reclaim our enthusiasm for life we become closer to God. We become more spiritual.



# Resources

Resources can be anything or anyone that supports one's sense of emotional, physical, mental and spiritual wellbeing. They can be active, passive or forgotten. They can be external, internal or both. Resourcing by touch. Feeling quality of touch, temperature, energetic field, etc.

**A. External resources may be:** nature, friends, pets, dance, music, exercise, arts and many more. (Please find your own external resources and write them down. List them on the paper in 2 columns, column 1 being internal resources and column 2 being external. Over time you can continue to add to the list. If you find that you're lacking external or internal resources start to discover them in your life.)

**B. Internal resources might be:** strength, agility, spiritual practice, intelligence, guardian angels, God, instinctual wisdom, talents and a resilient nervous system. (Please find your own internal resources and write them down)

EXTERNAL RESOURCES	INTERNAL RESOURCES



# Using 'Felt Sense' while supporting BBTRS sessions

*Article by Giten Tonkov*

Many times, in numerous workshops and trainings I facilitate around the world, the question arises; "How do I keep myself protected from absorbing another participant's energy and emotions such as their fear, rage, despair and grief during the group process?"

There's no short answer to this question. In my understanding and experience, if one wants to be "protected" from their client's emotions and sensations while supporting them, there is a risk of cutting oneself off from their own feelings and at the same time abandoning the client. By trying to distance ourselves from our clients due to this idea of self protection, we cut the fine thread of resonance that gets established between client and practitioner.

When someone undertakes the noble activity of service to others on their path of trauma release, it is necessary to experience the intensity of one's own emotional charge. We can only fully support our clients in as far as we have gone ourselves. Experience will facilitate a successful therapy session and lend the ability to meet the client in any space they encounter while also safely guiding them to connect with their own internal resource.

Encountering this safe and relaxing resource, while simultaneously being present to a specific charge in the body, allows the client to understand that both the place of resource and the place of charge can coexist. This is how we create the container for release.

Our work with BioDynamic Breath & Trauma Release is based on being present with our 'Felt Sense'. When present, we can track the physical sensations that arise during sessions, while noticing that they are not permanent/they always change. This is a relaxing experience which helps us move out of the charged or dissociated state into discharge and gentle release.

To keep myself fully available I have to constantly come back to experiencing my own felt sense and track all the sensations that arise in my own physical body. This keeps me present and grounded and at the same time resonating in empathy and understanding with the person I am supporting. Awareness of my own felt sense prevents me from absorbing my clients' fear, rage and despair.

In sessions, I often become an external resource for my client. In those moments, if I consciously decided to protect myself, my client could feel abandoned and reinstate the feeling that they have been left alone with their traumatic experiences. Trauma release is possible when one accesses a particular event from the past while regulating the intensity of the charge that comes with the memory and physical sensations through the cycle of activation, charge, discharge and resource, all while being safely met by the supporting vibrational presence of the practitioner.

### FELT SENSE

Felt sense is not a mental experience but a PHYSICAL one. A physical awareness of a person, situation or event. An internal aura that encompasses everything you know about a given subject at a given time. It relies on the general sense of the whole organism rather than on interpretation from its separate parts.

*"The degree that you experience the felt sense as ever-shifting and are able to embrace this constant flow, then you will be moving out of trauma into life"*

--Peter Levine

- Learn to separate felt sense from emotional charge and track the inner flow of the physical sensation, keeping your attention on what it feels like on the physical plane only. This breaks the vicious cycle of physical tightness being connected with emotional charge.

# Orientation & Felt Sense

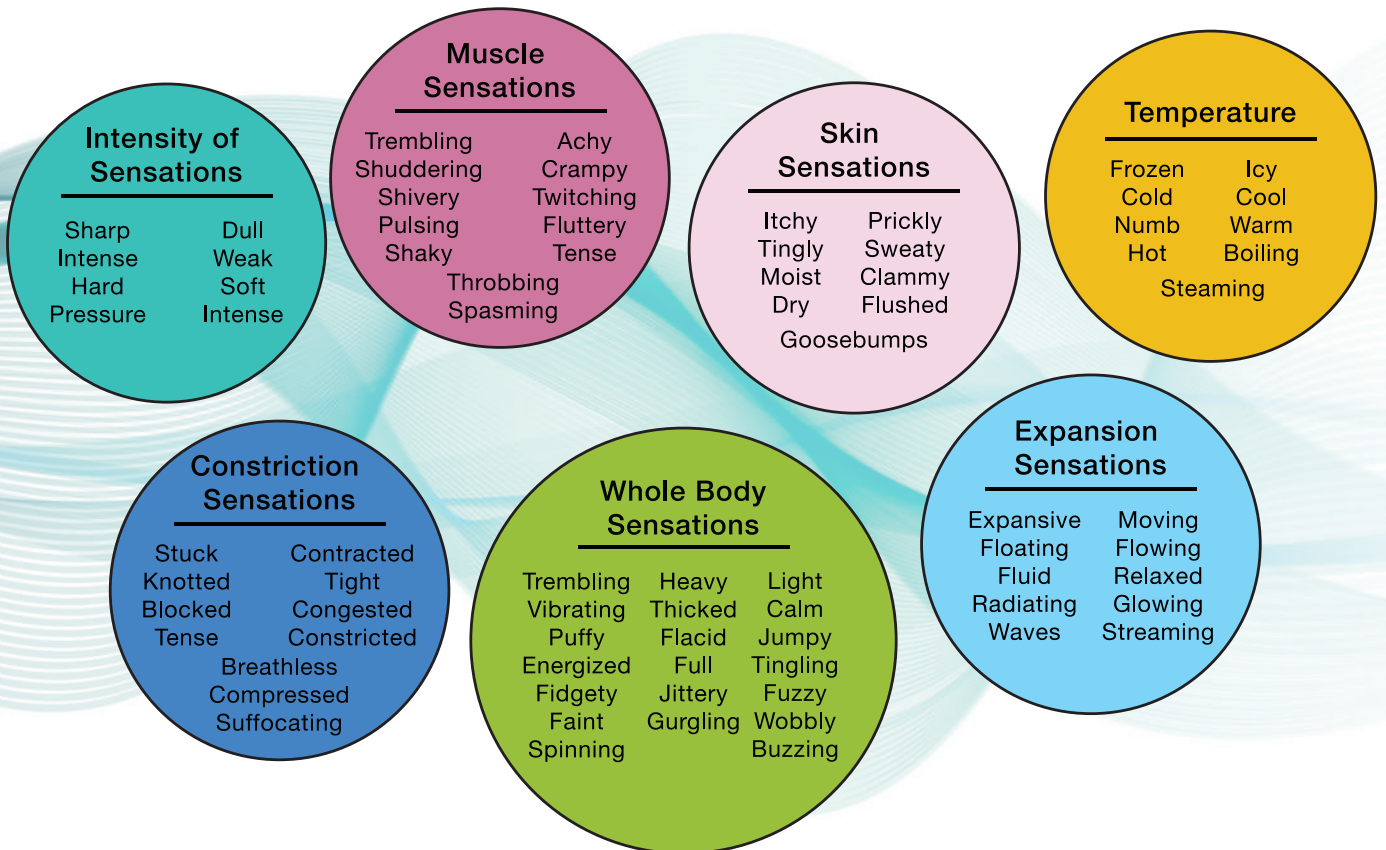
## Exteroception ("Orientation")

- ✓ Receiving direct information from the external environment
- ✓ Detects and informs us of the external environment via:
  - Sight
  - Hearing
  - Smell
  - Taste
  - Touch

## Interoception ("Felt Sense")

- ✓ Awareness of the internal states of one's body
- ✓ Detects and informs us of the internal regulation responses as:
  - Respiration
  - Heart rate
  - Body temperature
  - Balance
  - Hunger
  - Thirst
  - Need for digestive elimination
  - Emotions
  - Pleasure/Pain

# Felt Sense: The Language of Sensation



**Pendulation** - moving between the resource (internal or external) and a place of physical or emotional charge in the body. Sensation may get worse before it gets better. Stay with pendulation (expansion and contraction). This means you're no longer stuck in pain and sensing the range of sensations.

**Titration**- discharging in manageable episodes without going into full expression. This creates the feeling that it is safe to discharge. Titration gives our nervous system a chance to discharge tension without reconnecting to past trauma.

## **RESONANCE!**

*Adapted from 'The Presence of Being' manual by Shantam Lanz and Richard Bock*

We are using the word Resonance to describe the quality of spaciousness and emptiness that is the foundational principal for connecting with a client. Any object, like a musical instrument which is expected to resonate with vibrations and magnify them, needs to have empty space within it. Resonance happens through that empty space. The capacity for resonance allows us to establish a relationship of mutual trust.

In order to be a vessel capable of resonance, we must be conscious of our own projections and internal dialog, be at peace with our own process and be willing to become empty and aware. When, from a place of not knowing, we are again innocent and sincerely curious, we can resonate with the client's present state. This is always the therapist's responsibility and if at any time resonance is lost, the job of the therapist is to re-enter what is present, regardless of where the client is.

**THERE IS NO SUCH THING AS A RESISTANT CLIENT ONLY AN INFLEXIBLE THERAPIST.**

With resonance we don't have to know anything. Through it we discover that the client already has his or her own innate wisdom which is covered by layers of trance of ideas and beliefs about themselves and life. If we are in resonance we can move through these layers of trance directly to the wisdom of the body, and help the client in discover that they already have everything they need.

Resonance begins with self-trust. Trusting ourselves is really just relaxing into who we are. As we relax, our minds become quiet. As our minds become quiet, we sink inside. As we sink inside, we find that we don't really even need to trust because we are already there.... present, here and now, in the moment.

From this place we naturally begin to feel into and resonate with what the client is saying, feeling and sensing. We can come into resonance through verbally reflecting the key elements of what a client is saying. When a client 'feels' heard, they usually relax into themselves. When they experience the acceptance and welcoming that is present through the curiosity and presence of the therapist, they are able to go deeper into the territory of the physical and emotional baggage they have come with.

This reflecting or mirroring happens naturally through physical expressions and movements as well as internal feelings and sensations.

When you are available and present in your own heart and belly there's a natural tendency to vibrate in resonance with your client's. We can literally feel into where the other is at any given moment. From here we can then begin to bring our client's attention to their body and felt sense and away from the stories and memories associated with what has troubled them.

One of the most profound experiences for a client is that for the time being, they are no longer alone in the arena of where their traumas are stored. When you are present with them through resonating on these levels, you assist them in 'arriving' within their own body/being. Then, when they can stay present with what is really happening through felt sense, traumas can begin to release through the BBTRS.

**NOTES:**



# Exercises to unlock the belts of tension in the body

\*\*Sometimes one of the following exercises will bring up so much energy that it will be too much for the client to participate in any others. It is recommended to do just one exercise or two at most per session. Allow sufficient time for your client to process what has come up for them before moving further.

\*\*Be careful not to bring your client into an overcharged state where there's a potential for them to reconnect with past trauma. It will not be constructive for their healing process. For healing to happen a client needs to be fully present to their experience. When they are overcharged they simply disconnect from their feelings and felt sense because of the intensity.

## OCULAR SEGMENT EXERCISES

### OSHO Mandala Meditation

This meditation lasts one hour. There are four 15 minutes stages, each set to specific soundtrack.

Every circle contains a center. In the first three stages of this energetic and powerful technique the aim is "centering", through the creation of a circle of energy. The fourth stage is relaxation.

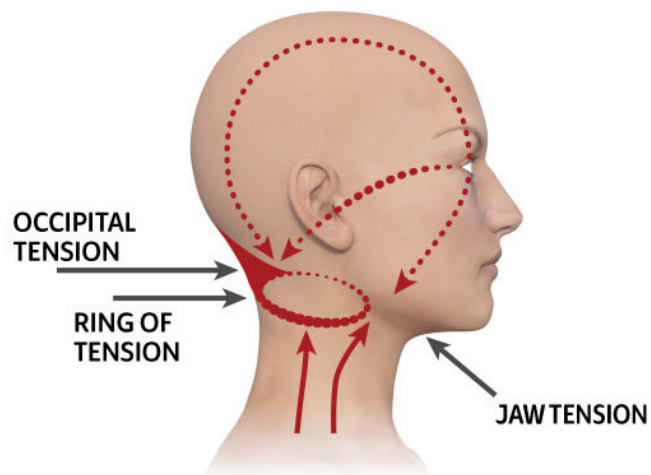
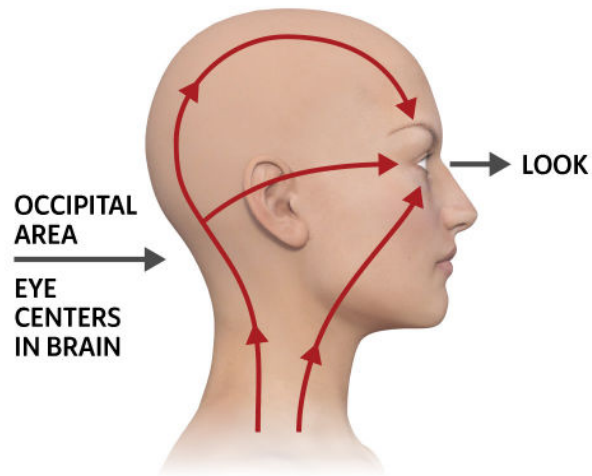
#### **First Stage: 15 minutes**

With open eyes run on the spot, starting slowly and gradually running faster and faster. Bring your knees up as high as possible. Breathing deeply and evenly will move the energy within. Forget the mind and forget the body. Keep going. Do not allow your mind to convince you to stop.

#### **Second Stage: 15 minutes**

Sit down with eyes closed, mouth open and loose. Let your body sway from the waist, like a reed blowing in the wind, from side to side, back and forth, around and around as it happens, from moment to moment. This will gather your awakened energies at the navel center (hara).

## Ocular Segment Exercises



### Third Stage: 15 minutes

Lay on your back, keeping your head still. Open your eyes and rotate them in a clockwise direction. Sweep them fully around in their sockets as if you are following the second hand of a vast clock. Starting slowly, gradually turn your eyes faster and faster. Let your mouth remain open with the jaw relaxed, breathing softly and evenly through the mouth. This will bring your centered energies to the "third eye" center (ajna chakra).

**Fourth Stage: 15 minutes** - Close your eyes and be still.

## ORAL SEGMENT EXERCISES

We often hold the emotions of anger, rage, frustration and resentment in our jaw and around the mouth. TMD or TMJD syndrome (people grinding their teeth during sleep) is a common condition. Tension in the jaw muscles can be painful and can lead to deterioration of the joint.

### OSHO Dynamic Meditation

*"This is a meditation in which you have to be continuously alert, conscious, aware, whatever you do. The first step, breathing; the second step, catharsis; the third step, the mantra, 'Hoo.' Remain a witness. Don't get lost. It is easy to get lost. While you are breathing you can forget; you can become one with the breathing so much that you can forget the witness. But then you miss the point. Breathe as fast, as deep as possible, bring your total energy to it, but still remain a witness. Observe what is happening as if you are just a spectator, as if the whole thing is happening to somebody else, as if the whole thing is happening in the body and the consciousness is just centered and looking. This witnessing has to be carried in all the three steps. And when everything stops, and in the fourth step you have become completely inactive, frozen, then this alertness will come to its peak."* Osho

This meditation is a quick, intense and a powerful way to break old, ingrained patterns in the body-mind structure that keep one imprisoned in the past. Helping one to experience freedom, the witness, stillness.

#### **Instructions:**

The meditation lasts one hour and has five stages. It is set to a specific musical soundtrack. Keep your eyes closed through the entire meditation or use a blindfold if available. It can be practiced alone, but can be even more powerful if it is practiced with others.

#### **First Stage: 10 minutes – (blow and clear your nose first)**

Breathing chaotically through the nose, let the breath be intense, deep and fast, without rhythm, with no pattern, always concentrating on the exhalation. The body will take care of the inhalation. Breathe deeply into the lungs, as fast and hard as you possibly can until you literally become the breathing. Use your natural body movements to help you build up your energy. Feel it building up, focusing only on this type of breath in this stage.

#### **Second Stage: 10 minutes**

EXPLODE! ... Let go of everything that needs to be thrown out. Follow your body. Give your body freedom to express whatever is there. Go totally mad. Scream, shout, cry, jump, kick, shake, dance, sing, laugh, throw yourself around. Hold nothing back; keep your whole body moving. A little acting often helps to get you started. Never allow your mind to interfere with what is happening. Consciously go mad. DON'T HOLD BACK!! (You can use a twisted towel to bite into with your back teeth while you're pulling towel forward. This produces a gagging effect and releases tension around the mouth, jaw and throat)

**Third Stage: 10 minutes**

With arms raised high above your head, jump up and down shouting the mantra, "Hoo! Hoo! Hoo!" manifesting this mantra from deep down in your belly. Each time you land on the flats of your feet let the sound hammer deeply into the sex center (base chakra). Give all you have; Exhaust yourself completely. Keep your arms raised as best you can at all times. DO NOT GIVE UP ON YOURSELF

**Fourth Stage: 15 minutes**

STOP! Freeze wherever you are, in whatever position you find yourself. Don't arrange the body in any way. A cough, a movement, anything, will dissipate the energy flow and the result will be lessened. Be a witness to everything that is happening to you. Don't think. Just observe.

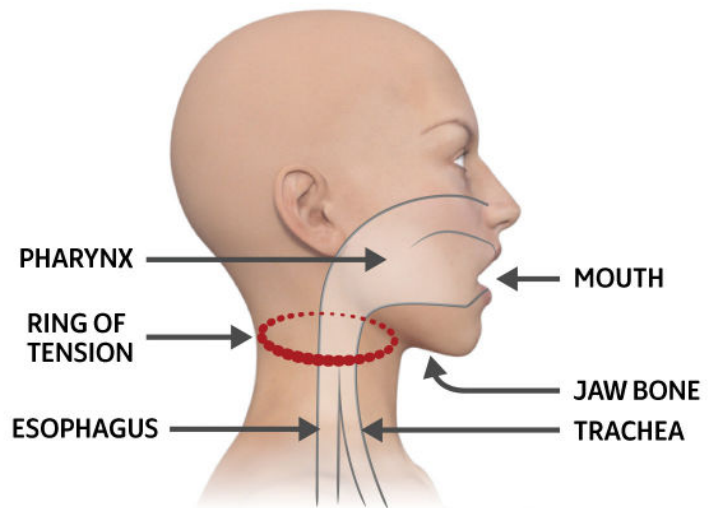
**Fifth Stage: 15 minutes**

CELEBRATE! Once the music begins, dance and express whatever is there. Laugh, smile, move, just be. However it is your soul wishes to celebrate.

**NOTES :**

## CERVICAL SEGMENT EXERCISES

The cervical belt of tension has to do with 'swallowed' expression and in particular vocal expression. Freeflow of energy through the throat gets interrupted and settles as a ring of tension just below the chin and at the bottom of the throat. This compromises the ability to speak up for yourself and express your truth freely.



## OSHO GIBBERISH MEDITATION

This mediation comes to us from the Sufi tradition.

### **First stage - 30 min.**

Speak the language you don't know. Make sounds, gestures and movements. Do not make any pauses. The gibberish has to be continuous for a minimum of 30 minutes. While speaking be very dynamic with your body and use an expressive assertive voice. Speak with your entire body movement. Move around the room. If you do this with other people do not listen to anyone else's gibberish but your own.

### **Second stage – 30 min.**

Sit or lie down in silence. Become a witness to your mind, body and breath.

### **NOTES :**



## **'DROOLING' BREATH SESSION**

(see sessions series section) can be very beneficial for this belt of tension as well as the upper one. It also starts to open the Thoracic Belt of tension below the Cervical one.

## **THORACIC SEGMENT EXERCISES**

The thoracic segment includes the shoulders, arms and chest. Often this area is related to the feelings of reaching out for pleasure and love. When this impulse to reach out is interrupted we form armoring around the chest and shoulders. We literally protect our heart from being hurt, but feel the pain of separation. It is something like the iron breastplate of a medieval knight. However this natural desire to reach out and meet and be met in love always remains in place no matter how long the impulse has been interrupted. When the impulse starts to flow once again from the heart towards the periphery our touch takes a different quality as the hands become charged with heart energy. The flow of heart energy travels up to the head and down to our genitals, legs and feet. This drastically changes how we relate to ourselves and to the world around us. Love begins to flow once again.

### **NOTES :**

## HEART BREATH MEDITATION

Done with a partner facing each other maintaining eye contact throughout the meditation. Before starting this meditation explore the following self-inquiry

### **'What is a strategy I have developed in life to keep my heart protected?'**

Allow at least 5-7 minutes for this question.

Explore this question thoroughly. Try to name any possible strategies you might have put in place not to feel the pain of separation and broken heart.

These strategies can be:

Spacing out

Avoiding deeper connections with people

Overeating

Ignoring your urges

Being a nice guy/girl

Being outgoing

Being lonely/alone

Meaningless sexual connections

Avoiding sexual connections

And lots more

### **First stage**

Stand opposite your partner or client. Close your eyes and wrap your arms around yourself as in giving yourself a tight hug.

Contract every muscle in your body. Allow yourself to experience the pain of carrying this protection. Stand in this position for a while.

### **Second Stage**

Slowly open your eyes and face your partner or client maintaining eye contact. Raise your arms to shoulder level with elbows locked and hands in a protective position used to stop someone coming close to you. Connect with the feeling of your arms being an extension of the heart and protecting it from anyone coming close. Keep eye contact and deep connected breathing going throughout this part. As the pain starts to set in at the shoulder maintain this position for a few more minutes.

**VERY SLOWLY** start to open your arms towards each other, beginning to drop this protection. Let any emotions flow, maintaining eye contact. After a few minutes, slowly start to take steps towards each other until you come into embrace. Allow time for this to happen.

### **Third Stage**

Sitting down opposite each other. Place your hands on your heart and look into each other's eyes, breathing into your heart. Start to open your arms with each inhalation and bring them back to yourself with each exhalation. Coming back to touching your heart with your hands and then again as you inhale opening your arms as wide as possible expanding in all directions and then again bringing it back with each exhalation. With each out-breath come back to yourself and to feeling your heart. With each in-breath you expand towards each other and to the areas around you

**It is VERY IMPORTANT to maintain eye contact throughout the whole time.**

### **Fourth stage**

Bring your hands to your heart and breathe into your heart by yourself, with closed eyes. Allow yourself to feel the energy in your heart and expand each breath fully into your chest. Come close to your partner and sit together belly to belly and heart to heart. Stay in this position holding each other and breathing into your belly and heart.

### **Fifth stage**

Lay down on your back with knees up and hands on your heart and start to breathe while rotating the pelvis with each breath. Surrender to this movement and allow the energy to flow up into your heart, up to your neck and out through the top of the head. Completely surrender to the movement, allowing your body to move freely as you breathe.

### **Sixth stage**

Relaxing the breath and allowing yourself to fully surrender, relax into experiencing any physical sensations. Stay present and do not disconnect. It is vital to stay alert, feeling all the sensations and emotions that are present in the body. At the end reach out to your partner and connect with him in the deep hug of surrender. Allow yourself to hold and be held by your partner.



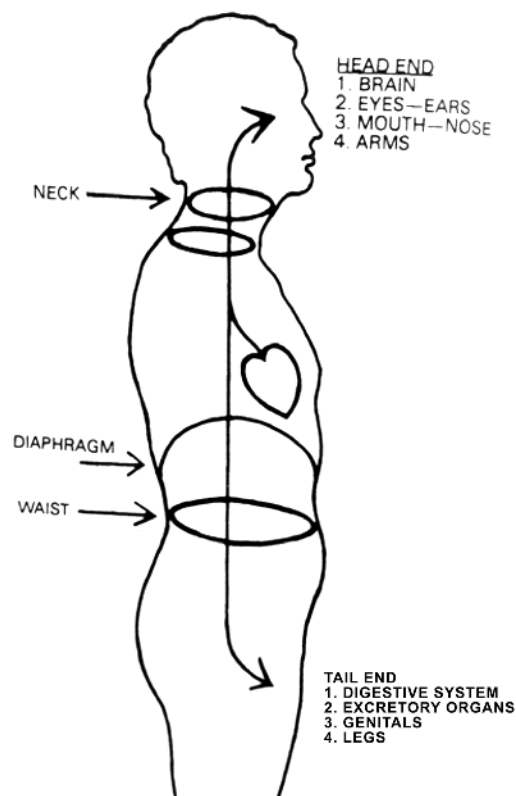
**NOTES :**

## DIAPHRAGMATIC SEGMENT EXERCISES

The diaphragm is our main respiratory muscle. It is a 'bridge' that connects and at the same time separates the lower and upper parts of our bodies. The actions of the diaphragm are very much affected by emotional stress and traumatic events. It reacts to fearful situations by contracting. When contraction becomes chronic anxiety can occur. The word anxiety actually comes from the German word 'Angst' which means choking in the narrows.

The diaphragm sits above another passageway or 'narrows' – the waist. This passage connects the thorax with the abdomen and pelvis. Impulses pass through this passage to the lower part of the body.

Tension in this area chokes the flow of energy and feelings to the genital area and to the legs producing anxiety and a fear of falling resulting in the holding of the breath.



A 'frozen' diaphragm and ribcage minimize the amount of air we can take in which in turn causes the feeling of anxiety to arise.

Working with the belt of tension above the one you're addressing in a particular session supports the energy flow through the entire body., setting the stage for the entire systemic release.



## **MEDITATION TO OPEN THE RIBCAGE & DIAPHRAGM**

### **PART 1**

Guide your client to stand fully grounded with their feet apart and knees slightly bent. Invite them to observe how the natural breath is flowing through their entire body; which parts are inflating with the inhalation creating movement in their body. Ask them to place their hands on those parts of the body where they sense movement. Ask them to imagine that inside their body in the place where the breath flows there's a rubber ball that inflates and returns to its original shape with every inhalation and exhalation. Let the client become familiar with this sensation. For some people it can be an entirely new experience to feel their bodies in this way. Guide them to place their hands onto different parts of the body, encouraging the breath there whilst still imagining this rubber ball inflating and deflating with each breath.

When they bring their attention to the ribcage ask them to put their hands on either side of the ribs, squeezing gently on exhalation and releasing on inhalation. This encourages movement of the ribcage and relaxation of the inter-costal muscles. Stay in this area for some time as it takes a while to open this section of the body. You can support them with touch on their back and also help them apply more pressure on their ribcage by putting your hands on top of theirs for more support.

### **PART 2**

Ask them to bring their fingers to the midline of the body and hook under the ribcage, moving from the sternum towards the floating ribs tracing the line of the ribs downwards with each exhalation. This self-palpation works the attachments of the diaphragm. Help them find the tensions in the diaphragm and stay there for a few breaths.

### **NOTES :**

## **ADDITIONAL DIAPHRAGM, RIBCAGE AND THROAT OPENING EXERCISES.**

**1. Sitting or standing**, use a 'panting' breath, asking the client to deeply inhale using the diaphragm for 2-3 minutes, then give them space to feel the instinctive responses of the body. Usually this way of breathing is followed by a deep inhale and a deeper exhale afterwards. Do this a couple of times and give the client a chance to put their hands on the diaphragm to feel the movement there.

**2. Play at being a train**, by moving the arms back and forth and engaging the breathing muscles. Let the sound vibrate from the diaphragm to the throat. The opening of the diaphragm and throat happens playfully. With each outbreath make the sound 'choo' and really push the air out.

**3. Playfully imagine yourself as a dog**. Begin to bark. This type of playful breath deeply impacts the diaphragm.

These three exercises are good for split (schizoid) and needy (oral) types. For controller and holder types two more are suggested:

**4. Standing and bending down on the in-breath**, arms in front of chest. On the outbreath explode with a cathartic sound (a sigh or groan). Do this a few times. The client can also crouch down into a small ball and then stand and open up arms powerfully with a big sound on out-breath.

**5. After exercise 4 let the client look into your eyes**, whilst standing still, breathing, and anchoring the feet firmly into the ground. Encourage the use of sound, growling, or saying NO strongly. When the whole body is vibrating with energy lay them down and continue with the deep connected breathing.

Encourage them to allow any emotional expression coming up, including kicking, punching and hitting, etc. Just make sure they do not hurt themselves.

## **ABDOMINAL SEGMENT EXERCISES**

In our belly we store emotions of fear and trust. It is by far one the most vulnerable places in our bodies. Our skull protects our brain, the ribcage protects our upper organs but there's only a thin layer of muscles and skin that protects our digestive organs. Due to our fear of injuring these body parts many of us have learned to keep the abdominal muscles in constant contraction. In addition, advertising aimed at young people conditions us to want 'washboard 6-pack' abs, creating a false ideal that we desperately try to fit into.

### **Abdominal opening meditation**

You can do this meditation together with your client at the beginning of a session or as an entire session in itself. Please demonstrate it to your client so they do not get confused. Basically the direction of the unwinding and winding back to original point remains the same.

#### **PART 1**

Start by sitting with the spine straight, hands on knees. Begin with soft connected breathing through the mouth. Bring your attention to the second chakra (located in the body just below the navel). Begin to rotate the body clockwise from this center point in an unwinding spiral movement for about 5 minutes, and then spiral back to center in the same direction for the same length of time.

#### **PART 2**

Lay down on your back pressing down with the fingertips into the second chakra area on each exhalation. Use firm pressure but do not dig very deeply into the abdomen. Release the pressure on inhalation so the area can open up and expand more with each breath. Explore the rest of the abdomen in a similar way moving in a clockwise direction. Look for tight or sensitive areas where the breath does not move easily. Remain there for a few breaths to allow any restricted areas to open. Allow time to work under the ribcage and move under the diaphragm. The facilitator can use their hands to assist when the time is right.

## PELVIC SEGMENT EXERCISES

It is not a surprise and many of us know from our personal experience that pelvic tension is directly connected with being cut off from our sexuality and controlled sexual urges. In our society there's so much shame related to sex and sexuality. Organized religion and unconscious conditioning are mostly responsible for this. Sex is considered dirty and many swearwords in most languages have sexual connotations. This creates guilt and shame around the most natural of the human conditions: Sexual Impulse.

Our sexual energy is compromised and gets stuck in our pelvic region causing it's upward flow to become constricted. Sexuality becomes internalized, rationalized and trapped in thought, instead of being expressed freely in connection with the heart. A tight belly and diaphragm further restrict the upward flow of sexual impulse to the heart.

As we create an opening in the upper belts of tension and clear the pathway for this energy to rise upwards, we connect sex and sexuality to the heart.

### **Trauma Release Exercise (TRE) Session to unlock tension in the pelvis**

**1. Client lying on the back** with their knees up and soles of the feet together. Bring the heels close to the buttocks. Allow the knees to fall out to the sides as much as possible without pushing them. If the client is super flexible, support the knees with the hands for a while, until they find a place where they can support their own knees. Raise the pelvis slightly from the floor.

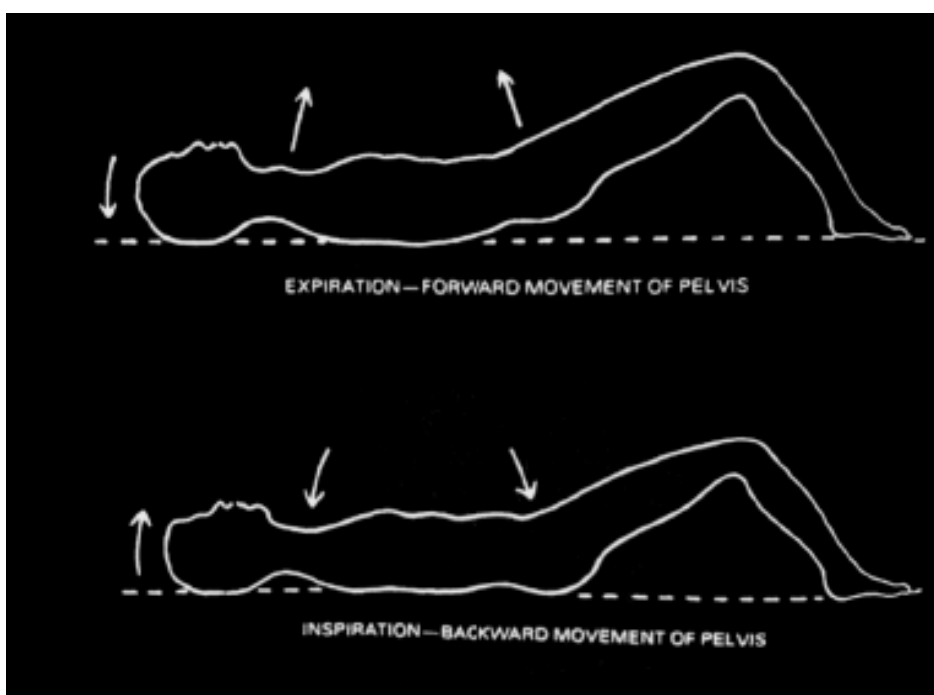
**2. Slowly start to bring the knees closer together** until they encounter slight trembling in the inner thighs. Stop there and invite them to breathe fully into this trembling until it starts to grow and moves up into the pelvis and lower belly. Allow the lower jaw to drop and breathe fully and deeply into the physical sensations they experience.

**3. Let the entire body follow this movement.** letting go of control and surrendering into this vibration coming from the pelvis and travelling through the entire body. Encourage them to surrender into full deep connected breathing.

## PELVIC AND SPINAL UNWINDING EXERCISE

Stand with the feet firmly planted on the floor, hip-width apart. Shift the weight onto the right side of the body. Begin a soft connected breath. Notice the sensations on the right side of the body while focusing the breath there. Allow spontaneous movements to come from the right side of the body. Take your time and eventually repeat the same action on the left side. After a completed cycle, shift your weight into the center and feel the weight evenly distributed with support from the center.

Try to move only your pelvis in a figure-of-8 or infinity pattern. Bring the breath directly into this movement. Start with a very slow movement and allow it to continue to unwind. The movement may transform into a circular or spiral rotation of the pelvis or a tilting of the pelvis back and forth, as in lovemaking. Keep the movement of the pelvis isolated so the rest of body is still but relaxed. Allow this movement to gradually move up the spine vertebrae by vertebrae, coming up to the neck and out towards the shoulders and arms. It is very important to keep the connected breathing steady throughout this exercise.



ORGASM REFLEX = RELEASE OF BOW POSITION

## **SIMPLE CHARGING EXERCISES:**

**1. Standing feet parallel shoulder-width apart.** On the in-breath sink into the knees and feet coming into a half squatting position. With the out-breath rise up so the energy can be charged from the ground through the legs and into the body. To strengthen that movement and the flow of energy through the body use also your hands: in-breath palms down, out-breath palms up. Give it some time so the stored tension in the muscles can begin to release gently.

**2. Lying down, feet on mattress and knees up,** begin to lift the pelvis slowly exhaling on the upward movement and inhaling on the downward movement. Invite a constant movement, lifting the pelvis as high as possible and coming down slowly again on the mattress. Let the client do this for 5-10 minutes so the energy can charge through the legs. Often it can be observed as a slight vibration or shakiness.

These two exercises are good for people who have a lot of fear, not much power in the legs, little awareness of the body and not much contact to the strength in the legs. Split-types, needy types, and controller types do well with these exercises

### **NOTES :**



## **BIOENERGETICS, GROUNDING, STRESS EXERCISES:**

**1. The Bioenergetic Bow is one of the most effective grounding and charging exercises.**

**A. Standing with feet parallel,** shoulder-width apart, sink into the legs, unlock the knees as if you want to sit down, the pelvis moves forward and the hands can support the pelvis from the sacrum (fists on sacrum, elbows back, shoulders down). The head is straight and eyes are open looking straight ahead—it's good if you stand in front of a client and look into their eyes in a relaxed way so the client has contact with you. Encourage them to move eyebrows up and down and breathe deeply through the mouth.



**BOW STANCE**

**B. Take time for this exercise,** hold for 3-5 minutes. Then invite the client to bend over with their head down, arms hanging, allowing the back of the legs to become energized and to tremble. Finally, roll up slowly, shake, make sounds, and kick to release the energetic build-up. Repeat the whole sequence once or twice. If the client is overwhelmed, encourage them to make sounds and breathe deeper but to keep going, using the position of the bow.



### **CASCADE STANCE**

**C. Bend down from the waist and allow your whole body to hang down.**

Knees slightly bent. Gently and slowly bend and straighten your knees until you feel a slight tremor arising in the legs and knees. Let the tremor grow and spread into both legs. Keep this position for some time. To come out of this position, raise the torso slowly as if stacking each vertebrae one on top of another from the pelvis up to the ear. The head comes up last.

**2. Lying down on the back,** feet on the mattress with knees up, pushing the pelvis up with the strength of the legs and keeping pelvis up for 5-10 minutes until some shaking in the legs starts. Always breathe deeply and allow sounds to release, if needed, but stay in the position.

**3. Lying down on the back,** with legs perpendicular to the floor, feet up parallel to the ceiling if possible with the knees locked. All muscles in the legs are engaged. The abdominal muscles are involved in this movement as well as the muscles of the lower back. This is a strong charging exercise. If the client bends the neck and the head back strongly in order to hold the legs up you need to get them to release the spine afterwards by doing the opposite movement: feet and pelvis stay on the mattress and the head lifts as if one gazes through the knees towards the feet. This stretches the legs and the spine. If the neck looks like it is being strained, support their head.

## **CHARGING/TENSION/RESISTANCE EXERCISES**

The following four exercises are good for charging energy through the entire body. This creates an opening for emotional/trauma release. In the 8-session series these exercises are especially good to use with the holder type (masochist) and controller type. Use caution while working with these exercises. They can be very powerful.

**\*\***During the following exercises a strong response around being controlled and/or humiliated may come up. These exercises are great at triggering Fight or Flight response as well as coming into one's personal power and defending oneself. Once and for all, a new powerful assertiveness will begin to emerge.

### **EXERCISE 1**

Client on their back with one arm straight up in the air (one arm first, then discharge, then the other arm) and have the thumb pointing inwards in the direction of the opposite foot. Sit diagonally behind the client and hold the wrist while the client tries to pull the arm down diagonally and down towards the foot. Hold and resist (not too forcefully), so that the client struggles to pull the arm down without succeeding. The elbow needs to be in a locked position. Then suddenly let go and allow ample space for the client to release, perhaps with sound and hitting cushions with that arm if necessary. Repeat with the other arm.

Encourage the client to breathe strongly and deeply while pulling with the arm and making sound, but not giving up. Sometimes after the pulling, the client will collapse instead of reacting strongly. Just tell them to keep breathing and allow space to see what else comes up. Collapsing often indicates something they do in their life in response to pressure.

### **EXERCISE 2**

Client lays down, and tries to lift their head up as you gently resist the lifting of the head with your palm. Do as in Exercise 1. Resist and then let go and give ample space for discharge.

### **EXERCISE 3**

***USE CAUTION WITH CLIENTS THAT HAVE LOWER BACK ISSUES. THE FOLLOWING EXERCISE MAY AGGRAVATE LOWER BACK PAIN.***

Client lays down and tries to lift both legs up together. Make them keep their legs straight and lift them a few centimeters off the floor. Hold their ankles down. Breathing deeply and allowing any sounds, using all effort to lift legs. Finally let go and give space for discharge.

### **EXERCISE 4**

To open up breathing in the back: have the client lay face down, and let them try to lift their head up from the ground while you resist by placing your palm on the back of their head. Again continue the resistance while the client keeps trying to lift their head, breathing strongly, and then let go and give space for discharge. After a while the breathing will really open up a very strong energy flow throughout the entire body. The client can continue breathing in this position face down for a while and then turn over and keep on breathing.

**NOTES:**





**Breathe in  
Breathe out**



# Biodynamic Breathwork

## 8-Session Series

### CONTRAINDICATIONS

BBTRS is a modality that can be applied very broadly. However, there are a few contraindications that need to be observed. Please use your caution, common sense and intuition while choosing your clients. Make sure you know who you can and cannot work with.

- 1. Do not work with pregnant women especially in the 1st trimester of pregnancy*
- 2. Do not work with clients with severe asthma*
- 3. Do not work with client with severe heart disease*
- 4. Avoid severe mental illness patients (schizophrenia, psychosis, diagnosed mental disorders)*
- 5. Epilepsy and history of seizures*
- 6. Acute physical injuries*
- 7. Severe diabetes*
- 8. No sessions while intoxicated (drugs, alcohol) This excludes prescription medications. We must never ask our clients to stop medications or alter their doses.*
- 9. No sessions using intense breathing techniques with clients under 16 years old. For children and young adults under 16, focus on breath awareness, felt sense exercises and meditation mostly.*

## **BREATH, BODY, ENERGY, AND EMOTIONS:**

This series is designed to support a person in their ability to feel themselves (**body sensations and body experience**) and to gain a greater awareness of their body. It is about exploring energy in the body and recognizing tension and holding patterns, which develop during childhood in order to protect the 'feeling core' from too much pain. This so-called '**body armoring**' helped the child to survive in a sometimes unsupportive or even violent family environment.

Through different exercises the person learns to be **grounded in the body** and to connect with repressed emotions. This will allow them to move more easily into an **emotional release and thereby releasing trauma**.

Through the '**connected breathing**' technique, energy is **charged** throughout the body. When this happens, unconscious tensions and holding patterns are activated and can be **discharged or released** through body movements and expressions of old emotions.

Most emotional states are connected with memories and beliefs from the past, which are stored in our body-mind system. By releasing an emotional charge, more space is made available in the body-mind structure. This creates a stronger flow of subtle energies within the body and a deeper relaxation into the core. This also helps us understand behavioral patterns from the past which are part of our personality. This process supports you and your client to become more responsive to the reality of this moment. It creates awareness and more conscious and flexible ways of handling different situations related to relationships, work and life as it unfolds.

With time you and your client will learn to not repress emotional impulses, but to understand what has triggered that emotion in the HERE and NOW. A person who is more aware of their body and emotional impulses can move out of trauma, repression or blind reaction and can respond in a natural and creative way to the realities of the moment.

It becomes easier to feel what is really going on inside. The emotional energy can then be contained or used in a more sensible way (OSHO Dynamic Meditation, Mandala Meditation, OSHO Kundalini Meditation and others).



**NOTES:**

## **BODY SEGMENTS:**

In this session series we are looking at 7 body segments where emotional energy can be stuck. Usually you would give an 8-10 session series and follow the order of the body segments as listed here. However there are occasions when you may deem it appropriate to interchange the order of sessions. This will depend on a particular client's body's holding patterns, and emotional issues being addressed. If your client is not completing a series of sessions then you simply support them according to what you feel is the most appropriate approach for that situation and session. It may not involve body segments. When working with body segments, it is best to follow through with all 8-10 sessions.

The 8-session series is designed to approach the opening of the physical body by working with belts of tension from higher to the lower. This way we clear the pathway for the energy to move up from the pelvis up to the heart and to even higher chakras. It works the same way, as we would clear the road for the moving vehicle by removing roadblocks.

As the energy begins to awaken in the pelvis it naturally wants to rise up the physical body as steam rises up from boiling water. Working this way we need to first awaken the energy in the pelvis and keep clearing the path for it's upward movement, hence the use of the Tension Release Exercises (TRE). Introducing TRE early in a session will help to unlock pelvic restrictions and awaken tremoring/vibration in the pelvic and abdominal belts of tension. As the tremoring/vibration is activated we continue with bodywork to support the opening in the upper belts of tension.

## **BEGINNING A TYPICAL BBTRS SESSION.**

As we begin a session the initial questions we ask our clients serve as a way to stimulate their Sympathetic Nervous System (SNS). Please use your intuition as not to over-activate the SNS so the client is not overly charged at the very beginning of the session. Use the 'titration' method to monitor the SNS activation response. In this case less is more. Bear in mind that the active breath part of the session is still ahead of you so make sure to not get stuck in an over-stimulated response

### **1. Usual questions to ask your client to begin your session:**

Why are you here? / Why do you want a session?

Is there anything particular that you like to look at in this session?

What do you expect from having a BBTRS session?

### **2. Explain about shaking/tremor, tetany** (cramping in the hands while breathing)

Advise your client not to be concerned by the cramping in the hands, as this can happen in the process and will always ease off after the session.

**3. Support your client to bring attention to their physical body** and feel physical sensations that are present. Introduce the concept of felt sense. Have them describe to you what sensations are present. Pay attention while listening to them so they don't go back into describing their emotional state. If you notice they start doing this you can just kindly bring them back to describing the physical sensations.

Use the '**Pendulation**' technique to support your client to navigate between the places of Charge and Resource (physical safety and comfort) in their body using felt sense. Point out to them that a place of Charge and place of Resource can exist in the body simultaneously.

Steer them away from paying too much attention to the emotional charge. Activated emotional charge keeps the client in a charged and confused state. The physical body keeps reacting to this emotional charge by activating the Fight or Flight response and the sympathetic Autonomous Nervous System (ANS). A slight activation is needed to start our session so we have something to work with but too much activation especially in the beginning of a session is counterproductive.

Emotions are mostly a reflection of the state of mind. No matter how many times a person accesses a particular emotional charge the intensity may not lessen with time **unless they connect it with how it is felt in the physical body and stay with the physical sensation only.**

This approach breaks the vicious cycle of emotional charge > full systemic response (sympathetic response) > more emotional charge > full systemic response > collapse/dissociation.

It is of outmost importance to support your client to come back to feeling into their own body. Bring your client's attention to how the emotional charge is reflected in the body.

**4. Support your client to use their felt sense** to discover a place of resource in their body and tell you how it feels and what makes this place safe.

Support the client to describe their felt sense in terms of textures, colors, shapes, temperatures and sensations in specific locations of the body. For many people this may be an unfamiliar concept. Guiding them to discover the physical sensations and tracking them may take some time. Please be patient.

**5. As a practitioner it is essential that you use your own felt sense** and your resonance to tune into your client and try to feel what they might be feeling and how it reflects in your own body. No need to analyze or rationalize anything. Just tuning into your client is enough to establish an energetic connection and to create space for trust to flow.

Trust is by far the most important component that needs to be present for a session to be successful. Being present with your client in a non-judgmental state and being present in your own body as a supporter creates a safe space for the client to explore anything that might come up during the session without the fear of being judged. For a client you are an anchor rooted in presence and compassion.

The presence of silent awareness is always larger and more powerful than confusion and emotional charge of any kind. By holding this space with your client you are without words inviting them to step into this space with you.



**6. It is the feeling of safety that makes trauma release possible.** As the client reconnects to the initial trauma and starts to release the emotional and physical tensions they need to feel the loving and caring presence of the therapist. During a traumatic event a person often feels completely alone. As they reconnect to the past traumatic event, the presence of supporting energy in that moment creates a safe space, allowing them to go there once again to complete the uncompleted "Flight or Fight reflex" or come out of Freezing/Numbing/Dissociating

**7. Do not give your opinion** but rather state what you observe happening in your client. For example: 'I can see that your breath is mostly moving in your upper chest and it's pretty shallow. If you bring your attention to this area what do you feel is happening there?'

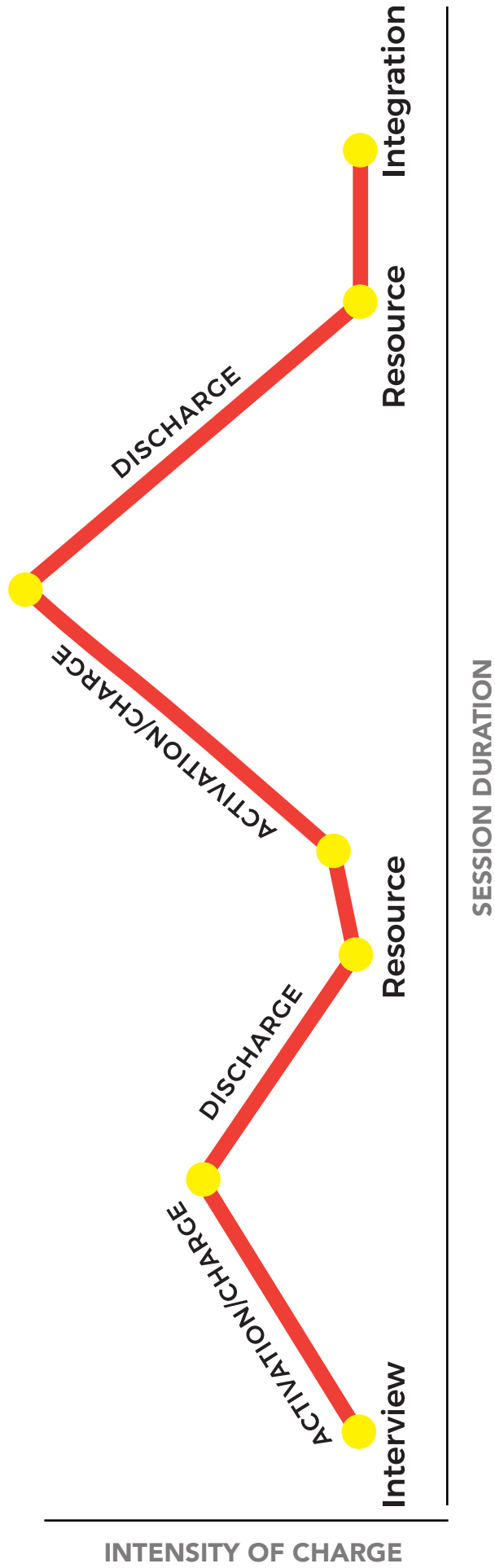
Encourage them to describe how they experience whatever is felt in this moment in their physical body.

Keep steering them away from the story and emotions and bring them back into the physical body.

**8. Notice any movements arising in the client** during the interview and encourage them to express those movements while staying present in their felt sense.

This is the moment when the deeper breath can be introduced to transition into the more active part of a session.

TYPICAL FLOW OF BBTRS SESSION



## **8-SESSION SERIES**

### **SESSION 1**

#### **General assessment session**

Breath Awareness

Making contact, collecting information.

Assessment - ask about health problems and medications.

Create a safe space for the client. Give space to relax yourself.

Make contact; ask the reason for the session.

Find out about about medical history, body issues, emotional issues and personal issues they are currently dealing with.

Allow time for the client to connect with their body and to relax into being present in the session. See how much body awareness and felt sense is possible by asking your client how they are feeling and what sensations are present in their body.

Explain the connected breathing technique.

Help the client find a resource (a place of safety or feeling comfortable) in their body and ask them to describe to you how it feels.

Bring your client's attention to a place of charge in their body and ask them to describe the felt sense in that place. Keep steering them away from too much emotional response.

Demonstrate the connected breathing rhythm.

Start the first session with TRE.

Move into breathing with the client laying down or sitting up.

Give a lot of space for the client to find their own rhythm of breath.

To support, trust your intuition. Remember to keep breathing yourself. Be aware that you breathe just enough to stay present and not to go into your own breath session where you lose your connection with your client. Watch what happens in the body with the breathing, movements, emotions and energy movements.

Observe the Activation/Charge > Discharge > Resource > Activation/Charge > Discharge > Resource cycle.

Observe their breathing patterns and gently encourage them to breathe more fully with their entire body, such as: breathe more deeply into your chest, bring breath down to the belly and pelvis.

- Make sure you are breathing yourself; imitate the client's breathing patterns so you can sense how they're feeling in their body
- Use gentle touch and bodywork techniques to support a physical opening and energetic flow
- Give time for relaxation and integration at the end
- Ask how your client is feeling
- Finish your session by giving your client homework to do in the form of active meditations, conscious movement or journaling. Please explain to them that this work is not done with the personal session time. Lots of processing and transformation happens outside of the session space. It is of great importance for them to meditate and do exercises in between sessions so they take charge of their own healing process instead of giving the full responsibility to the therapist to 'fix' them and their issues
- Remind your client to drink plenty of water as breathing has a strongly detoxifying effect and remind them to be gentle with themselves
- Let your client know that a lot of integration happens after the session. Emotions and memories might come up some time after the session is over. Offer them to call and check in with you if it becomes too overwhelming. Show that you really care as a trusting client-practitioner relationship will result in a sense of safety, trust and in deeper releases. It will also result in the client recommending you to their friends and family.

After the session take some time to write the details of the session down, especially how you felt in the process.

You can use a body picture of your client and indicate where you saw tensions or holding patterns. These notes will become the basis of your progress and an invaluable future resource for your growth as a therapist.

**Gentle touching techniques that can be used in an initial breath awareness session as well as other following sessions:**

- Check to see if the client is OK with being touched before you start
- Gentle touch on hands, arms, feet—do not rush
- Resourcing through touch. Make your client aware of the quality of your touch. Bring their awareness from the area of charge to the area of resource (pendulation) and then again to the area of charge finishing again with resource
- Lifting and gently shaking the arms and legs (joint release)
- Rocking the shoulders, rib cage and torso to invite deeper breath
- Pressing up on base of the skull and neck on each inhale
- Using pressure points
- Pressing on the chest/heart area with each exhale
- Gentle touch on the belly, but NOT until you have established safety and trust by working on the peripheral areas first. Being touched in the vulnerable center of the body may cause the client to contract further

\*Always trust and rely on your intuition

\*Avoid over touching, as the touch and bodywork is used simply for the client to become more body aware and to support physical opening

\*Give LOTS of space—do not touch the entire duration of a session. Touch is only needed to stimulate a release or to resource

## **SESSION 2**

### **Ocular Belt of Tension**

#### **Eye Release Breath Session**

It is said that our eyes are windows to the soul. You can tell a lot about a person by looking into their eyes.

During traumatic events a shock becomes stuck in the nervous system. It is often something frightening that we saw which becomes traumatic. This can diminish our peripheral vision and sometimes even cause the eyesight to deteriorate. In this session we attempt to increase the range of peripheral vision and relax the muscles that move the eyeballs, and open and close the iris of an eye.

To support this session we use a low power flashlight or a black dot on a finger. Use a marker pen to make a dot on your finger (about 1/2 centimeter).

**Begin with the client on their back and the therapist sitting at the the client's head.**

- 1.** Establish the client's range of vision by slowly moving the light/finger up and down in front of their eyes, to each side, and in circles. Establish a comfortable focal distance away from the eye.
- 2.** The client starts at first with eyes closed breathing deeply a connected breath in and out through the mouth. Give a few minutes for the client to charge with energy.
- 3.** After a few minutes, ask the client to open their eyes and at first make a slow circle with your finger or flashlight in front of their eyes and ask them to follow. It is vital that they move only the eyes, and not the head. Watch for the areas that the client's eyes skip. At first moving slowly, little by little start to move your finger/flashlight in a random way without any pattern in movement. Have the client continue to breathe deeply and follow your movement. You will notice that their breathing will change as they become more charged. Be careful not to overcharge your client. Occasionally stop the movement and ask the client to breathe normally and to feel what is happening with them emotionally and physically.
- 4.** Resource the client by gently massaging the back of their neck and base of the skull as well as the areas around the eyes, the nose and ears. This exercise can be repeated 2-4 times in one session.
- 5.** Let the client breathe for a while with their eyes closed and allow the release of anything from the body through movement and sound. Please keep in mind not to overcharge your client. Always bring them back to resource.



6. Give your client sufficient time for integration at the end of a session. At least 20 minutes and sometimes more time is needed for a client's nervous system to calm down and completely relax. During this time you can gently massage the back of the neck, face and jaw. Give your client some time at the end to be alone, without any touch.
7. Ask your client to open their eyes so you can make eye contact with them. Sustain this eye contact for a while. Be fully present and connected to your own felt sense and your heart. This gives your client a sense of being seen and acknowledged. This may be a very new experience for them. Maybe even for the first time in their life they will feel seen and accepted in their energy whatever it may be.

### **SESSION 3**

#### **Oral Belt of Tension**

#### **'Drooling' Breath Session**

This session is very powerful and should be done with caution not to bring the client to an overcharged state.

As the oral and cervical belts of tension are so close together and represent similar issues of suppressed expression we often combine working with these two belts in one session.

As the energy in the belts below becomes unbound and starts to move upwards it often encounters a blockage in the throat (cervical belt of tension). This session can bring up severe coughing and a feeling of choking. It is important to support your client to use their voice and make sounds to allow this tension to unlock and release. It often helps to suggest to them to breathe for a while keeping the tongue as far out as possible.

This session is equally beneficial for opening the cervical belt of tension as it releases constriction in the throat and tension in the jaw.

The feelings of not being enough and having to swallow everything that was given to you in early childhood can come up during this session.

1. Ask your client to come up on their hands and knees or to sit kneeling with a pillow between their legs. Place yourself at the side of your client supporting them with touch between the shoulder blades. Occasionally, when you intuitively feel or see tension, you can squeeze and massage the client's neck.

- 2.** As the client starts to breathe deeply through the mouth, ask them to stick out their tongue and keep it out without swallowing anything. It is useful to keep a bucket under their mouth, and lots of tissues around. Suggest to your client to keep spitting out all the saliva that starts to accumulate. It is the spitting action that is important and empowering to the client.
- 3.** Slow down occasionally to let the client connect to their experience and to resource them. This should be done in 2-3 stages with breaks in between for the client to resource. The 2-3 stages should last around 30-40 minutes.
- 4.** Support your client to come onto their back. Encourage them to continue to breathe deeply, allowing all the stirred up emotions to release through movement and shaking, as you massage their jaw muscles.

Encourage movement in the legs and pelvis as the Fight or Flight response is likely to get triggered in this session. Pelvic bouncing on the mat is extremely beneficial as it stimulates the sacral nervous plexus and releases the tension in the lower part of the body. Keep the client present with their felt sense.

- 5.** Give your client sufficient time for integration at the end of a session. At least 20 minutes is needed for the client's nervous system to calm down and completely relax. During this time you can gently massage the back of the neck, face and jaw.

## **SESSION 4**

### **Cervical Belt of Tension**

#### **SternoCleidoMastoid (SCM) Muscle Opening session**

This session unlocks the tension in the throat and neck region. Suppressed vocal expression will result in tension in this part of the body. It is important to 'find your voice' in this session. The vocal expression does not necessarily need to be loud but the energy behind it is more important. Assertiveness in vocal expression makes a huge difference and will impact the way our clients can express themselves in life. You will notice that after a successful session your client's voice may sound different. A certain vocal quality will start to emerge as the constriction in the throat starts to relax.

The sternocleidomastoid (SCM) is a muscle located in the front of the neck on both sides of the throat.

- 1.** Begin with deep connected breathing until the client is fully charged with energy. Ask them to open their eyes and make contact with you.
- 2.** While they continue to breathe deeply ask them to look into your eyes. Squeeze the SCM muscle on one side of the throat with your forefinger and thumb. This will make the client produce a sound and oftentimes this sound can turn into crying. Encourage them to make a sound if it does not come naturally. It is important to maintain eye contact with the client at all times to keep them feeling safe.
- 3.** Encourage your client to express anything through body movements and voice. Pay attention to triggering movement in the legs (Fight or Flight response). Allow this expression to run its course to the end. If you feel your client is overcharging and going into venting rather than connected expression, bring them to resource and felt sense.

**SESSION 5****Thoracic Belt of Tension****Shoulder Joint Release Session**

This heart-opening session unlocks tension in the chest area and particularly around the heart. In this session we attempt to restore the movement of reaching out from the heart that has been interrupted in childhood. As the movement of the heart's energy towards the periphery (arms, legs, sexual organs and head) has been interrupted consequentially we created a protection around the heart not to feel the pain of separation and deprivation. This session can be repeated a few times as deeper layers of tension are accessed over time. As the body begins to release the long held tension the whole organism will become charged with heart's energy.

1. In your pre-session interview ask your client 'What are your defenses or strategies you have developed over time to keep your heart protected?'
2. With the client on their back it's a good idea to start this session with TRE.
3. Start by releasing the shoulder joint. This creates space for the heart's energy to flow to the arms and hands as in reaching out movement.  
Kneel on one knee next to your client. Invite them into deep connected breathing. Allow a few minutes for your client to charge with energy. Pick up their arm supporting under the elbow and holding at the hand or the wrist and slowly start to move the shoulder joint in irregular, random ways, with no pattern in the movements.  
  
Observe their breath and gently instruct them to breathe deeply into any opening they can feel in the shoulder joint as it begins to release. This movement can turn into myofascial unwinding as the client's body slowly takes over the movement and starts to move guided by its own intelligence.
4. Press and softly pump on the sternum (breast bone) with each exhalation, while easing the pressure as they inhale. This pumping action creates more space in the chest cavity, increasing the volume of the breath with each inhalation. Be gentle with your touch.
5. Work the points on top of the shoulders and the pectorals muscles of the chest.
6. With fingers hooked under the pectoralis major muscle, lift it on exhalation to create an opening in the entire chest region.

7. Support the client's unwinding movement down to their legs and pelvis. This session has the potential to impact the entire body and help the client come into a soft and vulnerable heart space.
8. Keep your attention on resourcing and stay present with your own heart. Resonance works in both ways, from client to you and from you to client. If you stay present with your own heart in empathy, your client, without a doubt, will feel this and it will give them permission to access their own vulnerability.

## **SESSION 6**

### **Diaphragmatic Belt of Tension.**

A stiff and frozen rib cage restricts the movement of the diaphragm thus resulting in reduced volume of breath and causing emotional numbness. As you have experienced in life, the moment you want to stop yourself from feeling you stop or interrupt your breathing. On the other hand if you want to feel more you breathe more deeply.

Over years of controlling our emotional expression we create permanent tensions in our major breathing muscle, the diaphragm, as well as the entire rib cage. The diaphragm is a major defense structure which prevents the movement of sexual impulses from reaching the heart and the heart's impulses from reaching the sex.

### **Use TRE at the beginning of this session.**

1. Start this session with your client lying on their back. Sit by their side and invite them to start to breathe using deep connected breathing, giving them some time to charge.
2. As the client exhales, gently press on their ribcage with the palm of your hand and release the pressure as the client inhales. Start slowly with little pressure and increase the pressure as the session progresses. This will increase flexibility in the ribcage by releasing the intercostal muscles (muscles between the ribs), allowing for greater expansion of the ribcage in all directions when breathing.
3. As the session progresses and the client begins to charge, start to 'hook' your fingertips under their ribcage, moving down along the bottom ribs from the midline.  
Because the diaphragm attaches to the lower ribs this technique will support your client in taking deeper breaths and help unlock diaphragmatic tension. If you observe carefully you will see how the breath becomes deeper and movement starts to grow in the diaphragmatic region. The lower ribs begin to flare out more with the breath.

**4.** Support any movements that start to arise in the rest of the body. It will be very visible where the movement of bio energy is stuck. Bring your touch to those areas to support the opening.

Be careful to not over-stimulate your client. Occasionally give them time to breathe on their own without touch. Guide them to bring their attention to feeling the movement in the ribcage as it expands and returns to its original shape with each breath. Encourage the client to notice how the breath is moving into the back of the ribcage as well as the front and the sides. Once the ribcage is open and the diaphragm is free from constriction the volume of breath entering the body will increase dramatically.



## **SESSION 7**

### **Abdominal belt of tension.**

This session can bring up issues of sexual abuse as well as deep fear held in the system. Please be gentle, sensitive and empathic when supporting someone in this session. The belly is one of the most sensitive areas of the body and there's a chance of losing your client to a strong emotional response. Use lots of resourcing.

Remember to always connect with your own heart and belly while supporting someone in this session. Touch from your heart space. Imagine that your arms and hands are extensions of your heart. Imagine your own energy arising from your hara into your heart and then radiating out into your hands. Be very aware of your own breath as well as your own felt sense. Your breath must be relaxed. You can synchronize your breath with your clients' breath to help you tune into what they might be feeling.

During this session it is important to keep your client present at all times. Often a client begins to space out and disconnect from what is happening. Always bring them back into the present to experience their felt sense and their resource.

1. Ask your client to lie on their back and sit by their side. Your hip should be in line with their hip.
2. Invite them to breathe using deep connected breathing, giving them some time to charge. The first level of contact should be over the client's belly, just holding your hand over their belly, without touching it, as the client breathes. Watch how the belly rises and falls with each breath.
3. The second step is to make physical contact with the client. Approach their belly very gently with your palm and watch how this affects their breath in any way.
4. Once contact is established, slowly and gently gradually lean in with your weight while the client exhales, letting go of the pressure when the client breathes in. The movement of touch on the client should always be in a clockwise direction (when viewed from the therapist's position) as this is the direction of digestion through the body.
5. Make few circles around your client's belly in a very slow and aware manner, feeling and sensing what is happening underneath your hands. Move with the flow of the breath keeping your client present with what they feel and experience moment to moment.
6. As the breath triggers emotional and physical releases stay fully present with your client and support the movement to spread into the rest of the body.

## **SESSION 8**

### **Pelvic Belt of Tension**

This session helps us to connect with pleasure and can trigger a full body 'orgasm reflex' as Wilhelm Reich called it (raising of the Kundalini energy). At the same time caution is needed for people who were exposed to sexual abuse, as it can be very triggering for them. Lots of locked up sexual energy begins to release in the pelvic area and this can trigger a strong emotional response.

#### **Use TRE at the beginning of this session.**

- 1.** Start with the client on their back with their knees bent and feet firmly planted on the mat.
- 2.** Instruct your client to start with deep connected breathing and ask them to slowly and gently begin to press into their heels on exhalation. This will naturally slightly tilt their pelvis backwards and their lower back will flatten against the mat. On inhalation they should let go of the heel pressure and watch the lower back naturally come up into the arch as pelvis tilts slightly forward. Keeping this movement synchronized with the breath, make sure this movement does not become automatic and robot-like. Keep your attention on how the neck and head moves as a result of the pelvic movement. This kind of movement in combination with breath unlocks the entire spine and creates upward flow of bio energy.  
While the client is breathing into this movement, you can gently massage the muscles around the jaw, exploring the tension there, seeing what wants to be released. Encourage your client to stick out the tongue, make sounds, move the jaw around and open it wide. The direct connection between the tension stored in pelvis and the jaw can be very visible in this session.
- 3.** Surrender to this flow and the deep connected breath.
- 4.** On exhalation they may feel a slight trembling that starts to arise in the lower belly and pelvis. Encourage them to surrender to this sensation and allow it to rise up the spine.
- 5.** Encourage the entire physical release. This session can be a breakthrough experience for many people who were cut off from experiencing the connection to their sexuality.

# Recommended reading

Bioenergetics	Alexander Lowen
A Way To Vibrant Health – Bioenergetics Exercise manual	by Alexander Lowen
Body, Self & Soul	Jack Lee Rosenberg
Eastern Body Western Mind	Anodea Judith
Waking The Tiger	Peter Levine
In An Unspoken Voice	Peter Levine
Anatomy Coloring Book	
Body Keeps the Score	by Bessel van der Kolk
Anatomy Trains	by Thomas Myers
The Psoas Book	by Liz Koch
Emotional Anatomy	Stanley Keleman
Non-violent Communication	Marshal Rosenberg
Wheels Of Life	Anodea Judith
The Continuum Concept	Jean Liedloff
Core Energetics	John Pierrakos
Holotropic Breath	Stan Groff

Sex At Dawn

## **Meditations & Reference Topics**

Quantum Light Breath                      Kabal

Bioenergetics Press

Barbara Brennan

## **BBTRS PARTICIPANT SELF CARE SUGGESTIONS**

The highly effective nature of a Biodynamic Breathwork & Trauma Release workshop may result in a stirring of one's internal world, i.e. meeting with old trauma, the surfacing of forgotten memories, previously unexpressed emotions. This work can often bring participants into self-realizations, and a 'letting go' of what no longer serves them. We may feel very 'different' on leaving a training to how we did when we began the work.

Entering back into 'normal life' after a workshop may be challenging or disorientating at times. You may feel that things which once had validity and were of great importance to you, no longer are. You may feel the desire to make huge life changing decisions. You may notice a new sensitivity in your system and feel more open than before. And sometimes things can feel worse before they get better.

Everyone is different and it may take longer for some to fully integrate than it does for others. Ultimately, listening to your own body wisdom, honouring your personal needs, coming back to 'felt sense' & 'resource', and slowing down are essential elements for a healthy integration period.

We have compiled the following list of suggestions to assist in the self-facilitation of a smooth integration after a workshop. These are also suggestions you can share with your own clients.

### **Slowing down**

Bearing in mind that you may be sensitive to environments and energy, slowing down for a period of time after the workshop will allow you to really listen your body, honour your individual requirements and know that it is OK to be feeling this way. This too shall pass. It is only a matter of time before your system re-adjusts to 'normality'.

### **Grounding exercises**

To feel more grounded.... literally feel the ground! Walk barefoot, know you are always supported by the ground. Walk on grass, on sand, on tiles. How do these textures feel in the soles of your feet? Stamp your feet to feel the impact of your body connecting with the earth. Without judgement, notice how your body moves. Be the observer. How do your arms move as you walk? Can you feel a breeze on your skin?

### **Qi Gong**

A beautiful way to come into your body, to feel your Dantian (energy center), to connect with the ground. Qi Gong also has a calming and meditative effect of the entire system.

**Seeing.**

Open your eyes, look around you. What are you seeing?... Shapes, colours, textures. Make eye contact with someone who you trust to support you in the grounding process.

**Listening.**

Listen to the sound in your environment. Know that the sound is external. Really tune in. What can you hear? .... bird song, traffic, music etc

**Mindful breathing.**

Take slow breaths through the nose. Put your hand on your navel, feel it rise and fall. Connect with this sensation.

**Touch.**

Touch your own skin. Remember your body. How do your clothes feel against your skin? Gently squeeze your arms and legs. Know that you are here, now. If it feels right for you, invite another person to help you with this in a massage.

**Use your voice.**

Talk out loud so that you can hear your voice. Describe to yourself or another what you are feeling in your body right now. Or, talk in Gibberish, it doesn't matter if it makes sense, just say it anyway! Feel where your voice is coming from. Do you feel the vibration of your voice within your body?

**An object.**

Hold an object which has some personal significance, a memory, or brings comfort. Hold a stone, what does this feel like in texture and temperature?

**Yin yoga.**

This form of yoga is very much about being with what is, connection with the body, feeling the natural unwinding of the body through gentle stretches caused by the body, breath & gravity.

**Drugs, Alcohol & diet**

Sometimes when we feel overwhelmed or uncomfortable it is easy to turn to substances and alcohol for avoidance and escapism. Know that the effects of doing so will ultimately bring confusion and instability to an already sensitive state. Instead, focus on self-care. Make a green juice, a smoothie, or a nourishing soup from grounding ingredients... literally food which comes from the ground, in the form of root vegetables... carrots, beets, sweet potatoes, turnips, radishes. The very act of focused self-care can be grounding in itself.

**Don't make big decisions...just yet**

After taking all those deep breaths, we feel courageous, alive, ready to embrace life and make big decisions. Pause! Slow down, just for a while. Those decisions are important, and the changes you feel within you should be given space and honoured. However, after some integration time you may feel a little differently, and the 'charge' around that need to make decisions may soften. You can then make decisions from a grounded place. Bringing about change doesn't necessarily have to be a spur of the moment, now or never, all or nothing snap decision. With a little time, you can really feel into that decision and consider alternative ways of approaching a situation to take the right steps to bring about lasting and beneficial change into your life.

**Buddy system/family groups**

During the workshop, you were invited to connect with a 'buddy' or a 'family group'. Throughout the course of the workshop you no doubt shared many experiences with your buddy or family in deep vulnerability, and supported each other through whatever arose. These connections are truly valuable, and we suggest you maintain a line of communication after the workshop. It is so important for you to reach out if anything overwhelming should arise for you during your integration time. If reaching out is difficult for you, find a mutual and simple 'code word' that you can text or email to your group or buddy for some support. You can even make a 'Facebook Private Group' for your family to check in with each other. Use social media to truly connect! The bonds we form on these workshops are precious and unique, lets really continue to support each other through the integration period. Often, just knowing we are supported by someone can bring immense comfort and grounding.

**Talking**

If you are finding it difficult to connect with your own body in a grounding way, try talking. Choose a friend or family member who you trust to simply listen without judgement, or who feels the need to give advice. Being 'heard' is very exposing, and as a result can be very freeing. Finding a 'talk therapist' can also be very complimentary to this work. Choose your therapist on recommendations and find a style that works for you.

**Workshop Enthusiasm**

When we discover what is possible within the realms of body-mind-spirit, it can be very exciting and tempting to hop from one modality to the next to continue your voyage of discovery. This is beautiful and highly encouraged, but just give it some time. Allow all that has been stirred and opened in the workshop to settle and integrate. Sometimes that can take a few months. Enjoy the experience of the changes which will continue to take place within you during this digestion period, and in the meantime, you can feel into and plan the next workshop which will truly support those changes.



### **Felt sense**

During the workshop, you learned how to bring your partner back to 'Felt Sense', and how to guide yourself in this subtle, yet highly effective way. Felt sense is something that you can return to at any time and any place. When you feel triggered, anxious, overwhelmed.... Bring your attention back to the body and ask yourself .... What do I feel in my physical body in this moment? Where do I feel it? What colour and texture does it have? Bring soft breaths to that place, allow gentle conscious movement to arise. Notice how the sensations in the body change. Felt sense changes our focus away from the external world and guides us into the ever internal present.

### **Resource**

'Resource' is not just something we apply to BBTR sessions. It is something that is incredibly useful in our daily life. Make a list (as shown in your manual) of your internal and external resources. These resources may vary from day to day, particularly the internal resources. Make a conscious effort to tune into these internal changes daily as part of your meditation practice. Your external resources could be anything from gardening to dancing, to cooking, to watching a movie or being in water. Make time to be in an external resource each day, or whenever possible. And remember these places of comfort, nourishment & safety are ALWAYS available to you. Sometimes, just visualizing an external resource can have a very calming effect.

### **Journaling & Artistic Expression**

It can sometimes be a little challenging to verbally articulate what is happening inside of us to another person. Journaling is a great way to let it all out, unedited and transparent. Putting it all onto a page can bring a sense of clarity, and can also be interesting to look back on to see your own personal growth journey. If words don't come easily, use art as a medium for expression. Skill or technique is not important. Use paint, clay, found objects. Try dancing and movement, or song to express your internal world.

### **Meditation**

Meditation is by far the most supportive element this to this work and to integration. Whether it is Osho active meditation, guided meditation, or self-initiated meditation, all of it allows us to have a single point of focus and tune in to the present moment. Joining group meditations and kirtans are also a beautiful way to establish a community to share this experience.

## Use of Essential Oils in BBTRS Sessions

Ways to use the doTERRA Emotional Blends during Breathwork sessions:

1. Apply the Peace Blend to the third-eye at the end of sessions to help you ground & integrate your openings.
2. Place the Console Blend on the heart center to support feelings of hope & releasing of sadness.
3. Massage the Motivate Blend on the soles of the feet to help you find the courage that comes from believing in yourself again.
4. Place the Forgive Blend on the liver to support cleansing & letting go of anger.
5. Apply the Cheer Blend to the palms of the hands, cup the nose & then breath in upliftment.
6. Apply the Passion Blend to the lower abdomen & sacrum to help you unleash your creative powers.



We've chosen to use doTERRA essential oils because they are the purest & most potent oils. **Sandra Ferreira** is BBTRS's essential oil leader because of her experience & her commitment to supporting her clients. She is a brilliant Yoga mentor, essential oil educator & she's also my son's mom, so she is already part of our family. She often does webinars on the emotion oils that are free for BBTRS participants to join! Please email her to receive invitation to the next webinar & to find out more about these powerful oils:

**dropofwellnesslife@gmail.com**



As a gift for all BBTRS participants, Sandra is offering a complementary 45min online consultation to help you create a personalized 90 day wellness. She's in demand so be sure to schedule your FREE consultation ASAP at:

**<https://SandraYogaWellness.as.me>**



[www.biodynamicbreath.com](http://www.biodynamicbreath.com)