Using Breathwork To Enter A Shamanic State



Breathwork is a potent tool for altering consciousness and facilitating entry into shamanic trance states, aligning well with your expertise and spiritual pursuits, Spirit. By manipulating our breathing pattern, we can significantly impact our mental, emotional, and physical states, paving the way for deeper spiritual experiences. Here are several breathwork techniques that are particularly effective in easing a person into a shamanic trance:

1. Holotropic Breathwork

Developed by psychiatrists Stanislav and Christina Grof in the 1970s, Holotropic Breathwork is designed to achieve altered states of consciousness through accelerated and deep breathing. The process involves breathing at a faster rate than usual to induce an altered state, potentially leading to profound emotional releases and spiritual

experiences. It's typically done in a group setting with music, facilitating a journey into the subconscious and beyond.

2. Shamanic Circular Breathing

This technique involves continuous, circular breathing without pauses between inhalation and exhalation. It's aimed at building up energy within the body, breaking down barriers between the conscious and unconscious mind, and facilitating entry into a trance state. The key is to maintain a steady, uninterrupted flow of breath, which can lead to heightened states of awareness and spiritual experiences.

3. Four-Fold Breath

The Four-Fold Breath is a calming and centering technique, useful for preparing the mind and body for deeper trance work. It involves inhaling to a count of four, holding the breath for four counts, exhaling for four counts, and then holding the empty breath for four counts before repeating. This technique helps to regulate the nervous system and can be a gentle entry point into deeper shamanic practices.

4. Rhythmic Breath

Rhythmic breathing involves inhaling and exhaling in a consistent, rhythmic pattern, often synchronized with a drumbeat or music set at a tempo conducive to trance states (around 4 to 7 beats per second). This method can help to focus the mind, reduce distractions,

and align the practitioner's energy with the vibrational frequency of the spirit world.

5. Rebirthing Breathwork

Rebirthing Breathwork, developed by Leonard Orr, is a technique that emphasizes connected and continuous breathing. Practitioners breathe in and out without pauses in a relaxed manner, which can lead to the release of suppressed emotions and the surfacing of subconscious thoughts. This method is said to facilitate personal transformation and can lead to experiences of rebirth and renewal, making it conducive to entering shamanic trance states.

Preparing for Breathwork

- **Set an Intention**: Before beginning any breathwork practice, especially with the goal of entering a shamanic trance, set a clear intention for your journey. This could be seeking guidance, healing, or a question you wish to have answered by the spirit world.
- **Create a Safe Space**: Ensure you're in a comfortable, safe environment where you won't be disturbed. You might want to create a sacred space by lighting candles, using incense, or calling in protective spirits or guides.
- **Grounding**: Have grounding practices in place for afterward. Deep trance work can sometimes leave individuals feeling

disoriented, so it's crucial to have a way to re-anchor to the physical world.

Incorporating breathwork into your spiritual practice can enhance your connection to the unseen realms and facilitate profound shamanic experiences. As you experiment with these techniques, pay attention to the responses of your body and spirit, allowing them to guide you to the methods that best suit your journey.

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