



Transdisciplinary Breathwork

Transdisciplinary Breathwork (TBW) is an eclectic therapeutic modality that works on the physical, mental, emotional, psychological, spiritual and transpersonal levels. It's a spiritual energy healing. Potentially, it can access peri-natal material, in utero or birth experiences and transpersonal material such as archetypal, shamanic and cosmic experiences. Mostly, for beginning breathers, early childhood and repressed biological material surfaces for deep, transformative and long lasting healing.

Physically TBW may increase energy level, recovery from illnesses or injuries, reduce tension, restructure cellular memory and heal body trauma from any type of past abuse. Mentally the breathwork process reveals decisive moments in our history where because of certain events from childhood self-defeating conclusions were created that become acted upon throughout of life-time. Often these conclusions are the key to the self-limiting and core repetitive patterns we reenact continuously creating unsuccessful scenarios in all our relationships. On the emotional and psychological levels we heal the wounds of unresolved trauma in the developmental state in which they were left unresolved. We are brought to the most intense experience of emotions, from grief and terror to ecstasy and tranquility.

Spiritual Energy Healing

On the spiritual and transpersonal levels breathers may transcend the ego or the body and unite with a higher self, be it a guardian angel, spiritual teacher, your highest essence. Essentially, this is the expansion beyond the limited confines of the ego and into the wider vista of your unique soul print (spiritual signature) self. For more information on your soul print see the section on [empowering processes](#) under empowering approaches.

Transdisciplinary Breathwork provides an excellent means of getting past resistance to life, abundance, success, money, relationships, career or addictions to people or substances. Essentially TBW requires the breather to breathe in a faster-than-normal, deeper-than-normal way, in a cyclical fashion so that there is no pause between breaths, between exhales and inhales. This breathing pattern is usually referred to as conscious connected breathing. The two primary physical effects are to super-oxygenate the body, and to enhance the discharge of toxins from the body. However, when you delve into this innovative and empowering approach to spiritual energy healing you will bring about positive changes in your life. It is with the experience of empowerment, anchored in mind, body and spirit that those changes can be embodied in your physical reality.

Our breath is where all our healing begins?

Excerpts taken from Zimberoff and Hartman Heart-Centered Hypnotherapies Journal and Carol Lampman's BreathTherapy.net