

BreathTrance Information Handout

All questions are welcome-contact Stacey--406-570-1304--staceytompkins.com

What Is Breathtrance? Breathtrance is a pattern of breathing that elicits non ordinary states of consciousness. DMT is created in our lungs and we release it when we breathe this way. Breath is our first interaction with the world, and we begin imprinting and relating to the world immediately after we show up in this form we know as ourselves.

Why Do We Do it? The purpose of Breathwork is healing, integrating, and purifying. We learn who we are, and who we are not. We have a corrective experience of our breath, imprinting from a place of awareness, with resources. We do it to free ourselves of the conditioning, patterning and imprinting that we were given before we had any choice about it.

Is It Dangerous? It's not dangerous, it's good for you. It's healthy for your body, mind, spirit and brain. You are not hyperventilating, you are super-oxygenating yourself. This releases trapped trauma, wounds, memories, and forgotten joys, reminding you that you're a spirit in a body. You don't just know this in your thoughts but feel it in your whole being. There are no known risks to this modality. It is safe and effective and is simply breath, which we do all day, every day. The breathing experience we will do is intentional, much deeper, and a bit faster.

Can I Make Noise? If I Cry, Yell Or Belly-Laugh, Won't I Disturb Others? Everyone is having their own experience, and yet we are also having a collective experience. Together, we hold space for each other, feel connected and allow the gift of expression. Cry, hum, pound the ground, yell, talk, sing...expression is the point of this work. Allow yourself the corrective experience of expressing what you are feeling. This is what sets you free.

Why Does My Body Vibrate or Go Numb Or Get Hot or Cold? The body is holding all of our experiences. As we access more and more of ourselves, the body does what it needs to do, so it may release the old/traumatic/trapped energy. You've heard that we are all vibration and energy, right? This is how we work the energy out or transmute it into new form, through vibration. As much as you are able, enjoy the vibration and trust that you are transforming.

What is a Vortex? The vortex is a handy energetic alliance that pulls away energy and pain and old stories and sends them into the stratosphere. It is located in the center of the room, toward the ceiling. It's very helpful, please use it and invite it to work for you. Toss into the vortex the fear, shame and anger that is ready to be released. Ask yourself, is it even yours? If not, let it go. If it is yours, consider if you're ready to release it? Is it time? What could you invite in to take its place? This is important. It's always an even exchange. Release what you are ready to let go of, and then call to you what you want.

Why Do My Hands Feel Cramped? The hands are the final frontier for energy holding. Focus on your hands and breathe, and allow the fear, sadness, grief, resentment, etc. to go into the

vortex. You can shake them, or just visualize the hands letting go, surrendering to this experience and trusting that life and spirit supports you. Stacey may come help you if your hands are super cramped, please let her know if you are okay with being touched.

Can I Stop Breathing The Pattern For A While? It's important to continue the pattern through the entire experience. Stacey will tell you when it's time to relax your breath and come back to the room, this realm, and your body. If you cry or yell or bash you will be taking a break from the breath, so when you have moved through that emotional expression, please return to the pattern and continue with the deep rapid breathing. Often after a release there is a period of floaty bliss, and you only achieve that bliss if you are continuing the pattern. Don't miss the yummy part! Keep up the deep, rapid breathing!

What will Stacey and assistants do? Stacey will be holding space, doing energy work, supporting people, getting tissues, blankets, taking people to the bathroom if needed, and burning palo santo, clearing energy with the rattle or wing. Stacey is very active during these sessions, so please know everyone is supported the entire time. Sometimes Stacey feels called to touch you on your heart, your feet, or your head. Let her know if you'd rather she didn't do that.

What Might Happen? You may feel like you are being birthed again, or you're birthing a baby. Your organs will be activated and you may feel like you're sexuality is amplified, you may turn into an animal or feel like you're part of the earth or the cosmos, you may connect to people who have passed or spirits that are your allies. You may feel peaceful, or sad or grief-stricken, or joyful or playful or like you are a young baby or child again. So much is possible that it's impossible to list everything. Your job is to surrender, breathe, and stay open to the experience. Allow the music to influence your experience. Let it in. Return to the heart if you feel lost or confused.

Can I Move My Body, Dance, Rock or Swing my Arms? Yes. Feel free to move. This helps integrate a new learning, and release old energy. Let your body do what it wants without editing or constricting. And, please stay on your mat! This keeps everyone safe. If you need anything at all, raise one arm up high and someone will come check in with you.

Will Anyone Talk About My Experience? Confidentiality is important. We live in a small town and it's important that you honor confidentiality. Talk about yourself, say whatever you want about Stacey and what Breathwork is, but don't talk about others who are at the workshop. Let's all do a legally binding pinky promise right now. Thank you.

How Do I Set An Intention? Consider what is 'up' for you right now, and is ready to be healed. Get in touch with your *Inner Healer* and have a dialogue about what wants to be addressed. Your body knows, and your psyche has access to this information. Connect those two. Be curious. Your intention is whatever is ready to be worked with. What needs to be worked with most will show up first.