

SHAMANIC BREATHWORK GUIDELINES – AWAKENING PLUS

Important info for our archived events

Please read this entire document carefully so you'll have a safe, transformative experience.

Brief Overview

Be sure to read this entire document before you do the archived breathwork event.

You'll breathe through the music mix. After the music ends, stay for the integration section at the end the first time you do the event. If you repeat the event, you can skip everything except the music mix.

Details

The Shamanic Breathwork Process

- powerful healing process
- reconnect with your own inner healer
- old wounds, dysfunctional patterns released and transformed
- regain lost soul parts
- remember the magic of who you truly are
- Empowerment brings wholeness and healing for you and others

Shamanic Breathwork heritage: Holotropic Breathwork/Stanslav Grof, Jacquelyn Small (chakra-attuned music), Linda Star Wolf

- Benjamin: certified as Shamanic Breathwork Facilitator by Venus Rising Association for Transformation

Each session self-guided and unique

Breathe with eyes closed. Optional: eye mask, bandana, or other light blocker

Opening meditation: relax, connect with what is sacred to you. Set intention, then release: "this or something better."

Loud music: root chakra to crown, ending in heart.

- Starts rhythmic and intense (break through energetic blockages, facilitate cathartic release).
- More etheric and celestial toward end.
- **Music designed for healing, not necessarily enjoyment.**

Your experience may range from intensely challenging to exquisitely blissful, or anything in between.

- **Deep steady breathing will get you through any challenges.**
- **You WILL be able to handle anything that comes up**
- **Your inner wisdom will only bring up experiences you're ready for.**

Old patterns of dysfunction may be brought to the surface. Addictions sometimes healed. Feelings such as grief, fear, rage and anxiety frequently released.

Your shamanic journey may include this physical reality, the inner worlds, shamanic allies such as power animals, divine beings, cosmic bliss, etc.

During the journey:

- Free to lay, sit, stand or dance. (Default: laying down)
- Scream, shout, laugh, cry or remain silent.
- Do whatever facilitates your healing process, **as long**

as you stay safe.

Breathing instruction:

- Deep and rhythmic
- Fill lower belly (place hands to feel when practicing)
- No pauses between exhalations and inhalations
- Any nose/mouth combination is fine (mouth = more air)
Superoxygenation, not hyperventilation.
- Releases blocked energies
- Facilitates easy transition into altered states, shamanic journeys.

Breathe until you're surprised!

- **Once in your journey, don't worry about the breath.**
- **If you return to normal consciousness, begin the breathwork breath again to start your next journey.**
- **You can take as many journeys as time allows.**
- **Breath: accelerator pedal.**
 - **Faster = more intense.**
 - **Slower = less intense.**

Bathroom: go if you need to. When you return, you can pick your journey back up where you left off

Optional: After you finish the recording, take 10 or 15 minutes to draw a mandala.

- It doesn't matter how good an artist you are.
- Just capture the essence of your journey the best you can.
- You can use pastels, crayons, etc.
- Or you can integrate your journey in whatever way feels best to you

PREPARATION

Music

The music is included in the archive recording. An optimal setup would be an excellent stereo system with a subwoofer.

The volume should be **as loud as possible without hurting your ears. If your experience feels too intense, first slow down your breathing. If it still feels too intense, reduce the volume of the music.**

External speakers with a subwoofer or strong bass is best. **The music will be most effective if it literally vibrates your body.** If doing this would be too disturbing to others, you can still have a good journey using headphones.

Food

Eat lightly beforehand. Optimally, finish eating at least 2 hours before the breathwork begins.

No Psychoactive Substances

You should be **sober** for this event. This combination of music and breathing will be more than enough to put you into a powerful altered state! **Do not do this breathwork process under the influence of alcohol or any psychoactive substance.**

Confidentiality

You may share your own personal experience with others. **Anything disclosed or experienced by anyone else must remain confidential.**

Commitment

By doing this process, **you commit to stay for the entire breathwork event, including the integration afterward.** The only exception would be if a genuine emergency arises.

This is powerful healing and awakening work that can deeply affect

your psyche. It's important for your well-being that you breathe through the entire mix and participate in the integration afterward.

The temptation to exit the process can be powerful when you're doing strong shadow work. If you're feeling challenged and uncomfortable, or feeling intense emotional pain, that's when it's most important to stay with the work!

If you exit the process partway through, incompletely processed wounds or traumas could cause you ongoing challenges. Remaining in this sacred container until we're officially complete will help you work any challenges through to resolution.

Sitter

When you're the “breather”, it can be helpful to have a “sitter” -- a human helper who physically sits next to you to support you. Their main job is to make sure that you remain safe. They should also help you walk to and from the bathroom, since you may be in a more altered state than you realize.

If a sitter is willing and able to support you in other ways, and you're okay with that support, you can have any additional support arrangement that works for the two of you. **Work out the details of how you want your sitter to support you before the event.**

It's up to you whether you want to breathe alone or with a sitter.

Lighting

A dim or dark room is best. External light can distract you from your inner journey. Just be sure you have enough visibility to get to and from the bathroom safely.

Pallet

Ideally, make a comfortable pallet on the floor using yoga mats, a sleeping bag, blankets, pillow, etc. If possible, leave space on either side of the pallet. This will let you roll around on the floor if the spirit so moves you.

A pallet is safer than a bed. Accidentally falling off a bed could injure you. Safety first!

Have something to cover yourself if you get chilly. Body temperature can change during a shamanic journey.

Clothing

Dress in loose, comfortable clothing. Dress in layers that you can easily take on or off.

Nearby Items

Have these items within easy reach:

Recommended

- Water in a closed container
- Notepad and pen or pencil

Optional

- eye mask
- stuffed animal (can be helpful for comfort and releasing childhood traumas)
- pillow or other soft object you can beat with your fists to help release rage, if so inspired

Please have everything in place -- pallet, water in closed container, notepad with writing instrument, etc. -- before you begin.

PARTICIPANT RELEASE FORM

REMOTE SHAMANIC BREATHWORK WITH BENJAMIN BERNSTEIN

NOTE: THIS IS AN IMPORTANT LEGAL DOCUMENT THAT MAY AFFECT YOUR LEGAL RIGHTS. PLEASE READ CAREFULLY! YOUR PARTICIPATION IN REMOTE SHAMANIC BREATHWORK GIVES YOUR CONSENT TO THESE TERMS AND CONDITIONS.

I realize that REMOTE SHAMANIC BREATHWORK is a powerful experiential tool for accessing my own inner healer and can greatly intensify my transformational process. Through the process of deep core breathing and chakra-attuned music, I will embark on a journey into the soul. **Because this process can bring up intense emotions and strong physical experiences, I have been advised that it is not recommended for those with certain types of cardiovascular problems, epilepsy, recent surgery, pregnancy, or psychosomatic, mental health, other physical limitations, or emotional problems.**

I hereby acknowledge that I have no such problems or conditions as listed above, or any other physical, mental or emotional conditions that would prevent me from participating in REMOTE SHAMANIC BREATHWORK. I have fully disclosed my physical, emotional, and mental background to *BENJAMIN BERNSTEIN* prior to my participation. I realize that all staff, assistants, volunteers and/or agents are here only as a guide to my process, and none of the staff, assistants, volunteers and/or agents are here to replace any form of traditional mental or physical health treatment or spiritual modalities. I have talked with any and all mental and physical health care professionals that I believe would be necessary to assess whether I would be an appropriate person to participate in the REMOTE SHAMANIC BREATHWORK process, based upon my physical, emotional, and mental health history and current condition(s). I attest that there is no reason why I should not be able to participate.

To this purpose, I voluntarily participate in the REMOTE SHAMANIC BREATHWORK process and I release and hold harmless *BENJAMIN BERNSTEIN*, including members of the staff individually and any assistants, volunteers, and/or agents as well as the Venus Rising Association for Transformation, for any and all acts or omissions which may be grounds for legal action, including but not limited to acts or omissions which may constitute ordinary negligence. This release is intended to apply to all acts or omissions whether they be related to the staff, assistants, volunteers and/or agents. I accept full responsibility for my own physical, mental, emotional and spiritual wellbeing. I know of no physical or mental health reason why I should not participate in this event and I have fully explored this issue with *BENJAMIN BERNSTEIN* as well as any other medical and/or legal advisors I deem appropriate. I have asked all the questions I may have and have received answers adequate so that I freely and knowingly waive all liability as set forth above without reservation of any kind. I further attest and acknowledge that this release is intended and shall apply to my heirs, beneficiaries and assigns.