

Jim Morningstar - Therapeutic Breathwork and Applied Bioenergetics 2022

Weekly Sessions Thursdays

This course will feature LIVE teachings, interactive training sessions, experiential practices, and Q&A with Jim. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to uncover lifelong patterns, overcome the fears that are keeping you stuck, and increase your energy and creativity.

Module 1: From Survival to Thriving With Bioenergetics & Therapeutic Breathwork (May 5)



This opening week will be an introduction to unlocking the wisdom of the body with energy reading, movement, breath and a developmental roadmap that opens the treasures of your soul's potential to flourish in this lifetime.

Jim will share the four foundational exercises he'll teach during the course:

1. **Using breath and intention** to create a circle of safety to nourish and protect your body — and cultivate a sanctuary in which to listen to your inner guidance daily
2. A **guided visualization through your life cycle** to identify areas of focus for your soul's purpose in this lifetime
3. The basic **bioenergetic exercise** to charge and discharge your energy circuits and increase your flow of bioenergy
4. Two breathing techniques to release trauma from your cells

By the end of this opening session, you'll be equipped to begin using the tools of bioenergetics and Therapeutic Breathwork for life transformation.

In this module you'll:

- Explore charting the **areas of both developmental challenge and strength** on your life's journey
- Identify the **fears you've brought into this lifetime** so you can release them from your life cycle
- Learn to **charge and discharge your body's energy systems** to maximize your flow of vital bioenergy
- Use **slower-than-normal breathing and faster-than-normal breathing** to release trauma from your mind and body
- Experience the spirit of **thriving cellularly**
- Participate in a daily breathwork and visualization practice to help you be what Jim calls *reSourceful* in each activity and relationship

Module 2: Psychic Sensitive Body Theme — Safety vs. Danger in the Body & the World (May 12)



Jim will share the first theme of this course: **releasing traumas and accessing the gifts of psychic awareness** — and he'll explain how intuition and spiritual transmissions are consciously applied.

As you'll discover, the **first of the six major developmental stages in your life** reveal your primal attitudes toward safety from pre-birth to your first year of life. In this stage, you assess whether you feel welcome and wanted or antagonized in your body and your world.

Jim will share how **the psychological and emotional atmosphere into which a child is conceived** influences neurological and characterological formation.

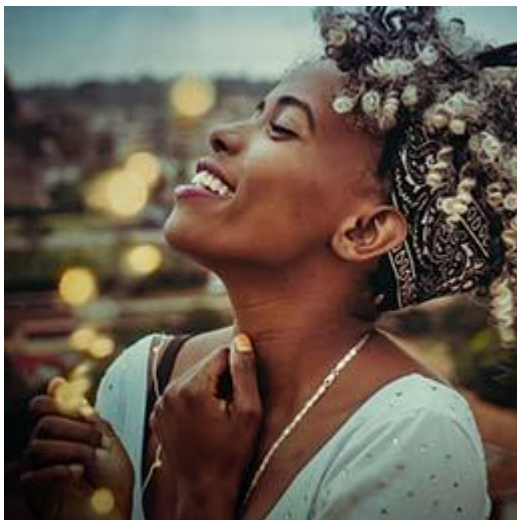
You'll learn exercises to help you experience your primal sense of safety — and analyze the early family dynamics and messages that reinforced your sense of safety or danger.

Jim will share the limitations of non-integration and the gifts of successful integration, **explain the technique of Therapeutic Breathwork**, and guide you through an experience of combining breathwork with bioenergetic movement and expression.

In this module you'll:

- Identify the **factors in your life that influence your basic sense of safety** in your body and the world
- Read the features of non-integration and integration in the **Psychic Sensitive pattern in the body**
- Understand the **psychological and emotional defenses** and strengths that play out — both during “normal” times and when under stress
- **Assess the areas of strength and limitation** you chose to work with in your earliest developmental stage of life
- Increase safety in the full experience of your aliveness with a **strong, expressive bioenergetic exercise**
- Experience a **facilitated breathwork session** with bioenergetic movement and expression

Module 3: Empathetic Nurturing Body Theme — Abundance vs. Deprivation & Abandonment (May 19)



Be prepared to rediscover **the source within, using the gifts of compassion and understanding** — while still setting boundaries for self-care and personal fulfillment. You'll also learn to read and respond effectively to others' nonverbal messages.

The **Empathetic Nurturing patterns you formed during your first year of life** connect to deprivation and abandonment. In the held-fear state, the belief is, *“I'll never get enough.”* The compensating belief then becomes, *“If I love enough, I'll be loved”* or *“I'm self-sufficient.”*

As Jim will explain, the child's body takes on a posture of deprivation with a collapsed chest, affording a shallow inhale and a breath-by-breath experience of lack. The child then learns to *become a caretaker* to get their needs met.

Jim will guide you in exercises to experience your early feelings of sufficiency and/or abandonment and to reconnect with self-support from the inside out — while still asserting yourself in a healthy way. You'll also **practice breathwork with bioenergetic movement and expression** to support inner self-sufficiency.

You'll learn about early family dynamics and messages that reinforce abundance or depletion.

In this module you'll discover:

- How to transform the **holding patterns in your body** that influence your basic sense of abundance or deprivation
- Ways to spot the traits of both **integration and non-integration of the Empathetic Nurturing pattern** — in your body and in others
- **The areas of strength and limitations** you chose to work with while developing your sense of inner and outer abundance
- **Bioenergetic exercises** to increase strength in your legs — and foster the direct experience of self-support from the ground up
- A facilitated **breathwork session with bioenergetic movement** and expression

Module 4: Inspirational Leader Body Theme — Harmony vs. Overpowering or Seduction (May 26)



Jim will explain how to own and develop the **natural leadership skills of confidence and mutuality** that emanate from the heart center.

Your Inspirational Leader patterns, **solidified during your first to third years of life**, focused on control issues in relationships.

As a child becomes mobile and explores their environment, their caretakers often control them to fit their own needs, without taking their child's needs into account.

The child's held-fear position is, *"To give into my feelings is weak."* The compensating belief is, *"I'm in control."*

As you'll discover, breathwork can now help you release your exhale, start to trust and feel pleasure in your more vulnerable feelings, and eventually let go and surrender appropriately with others.

Through breathwork, your head and heart work together to **bring out your loving leadership qualities** and release the old tyrannical control of the unintegrated Inspirational Leader.

To help you become more comfortable with vulnerability, Jim will share exercises to support you in experiencing your early feelings of being supported in independence or of being controlled. You'll review the early family dynamics that reinforced your sense of harmony or power struggles in relationships.

Jim will facilitate breathwork with bioenergetic movement and expression to help you achieve a healthy balance between head and heart.

In this module, you'll explore:

- **Dealing effectively with the holding patterns in your body** that influence your basic sense of trust in yourself and harmony in your relationships
- Reading the features of **both non-integration and integration** of the **Inspirational Leader pattern** in your body and others' bodies
- The **psychological and emotional defenses and strengths** that play out in the Inspirational Leader, both normally and under stress
- **Bioenergetic exercises to feel more comfortable being vulnerable** and to more easily let go of your need for control
- A facilitated breathwork session with bioenergetic movement and expression to **integrate natural leadership qualities**
- Your **areas of strength and limitation** as you develop your sense of self-direction with support from others

Module 5: Steadfast Supportive Body Theme — Freedom of Expression vs. Humiliation (June 2)



Jim will explain how to express authentic emotional intelligence in ways that support others — *without* suppressing yourself. You'll learn how to live your life and navigate your relationships with true passion, inner peace, and self-acceptance.

The Steadfast Supportive theme, developed during the second to fourth year of life, is associated with freedom-of-expression issues.

The bodies of people with this theme take on a squashed appearance, with a thick neck, tucked-in pelvis, and a short, thick waist.

Because they've repressed direct expressions of anger, their muscles are under continual pressure. Under stress, they often provoke others in passive-aggressive ways.

The strengths of the Steadfast Supportive type include the ability to stay with challenges and to help others.

If you have a Steadfast Supportive theme, breathwork can help you complete and release your exhale so you're able to directly deal with anger as you **shed your experience of being under continuous pressure to please**.

Jim will share breathwork practices with bioenergetic movement and expression to support your freedom of expression.

In this module, you'll:

- Release the **holding patterns in your body** that influence your sense of self-esteem
- Read the **features of non-integration and integration** of the Steadfast Supportive pattern in your body and others' bodies
- Understand the **psychological and emotional defenses and strengths** that play out in the Steadfast Supportive theme, normally and under stress
- Use **bioenergetic exercises to increase comfort** in authentic expression of feelings and letting go of the need to please
- Engage in a **facilitated breathwork session with bioenergetic movement** and expression help the process of integrating natural helping qualities
- **Assess your strength and limitations** as you express your feelings

Module 6: Gender Balanced Body Theme — Sexual Integration vs. Role Confusion (June 9)



You'll learn how to find and build upon *your* unique blending of masculine and feminine attributes — and cultivate the courage to own your natural expressions in the world.

The Gender Balanced body patterns set in during the third to fifth year of life. The prevailing theme is gender confusion, prompting us to ask, "*How do I safely express myself as a male or female?*"

The held-fear posture dictates that if you assert yourself spontaneously, you'll be rejected.

Males with this body pattern adopt a very passive, soft style, and their bodies have a rounded exterior and a compliant expression. Their true strength is often cloaked with sarcasm and covert manipulation. Females with this body pattern take a very assertive stance, and are often very competitive with males. Their bodies show a split between the upper being quite rigid and the lower being more full and weak. Their jaws are characteristically tight.

Under stress, males with this theme tend to undermine, and females with this theme tend to resort to attack. Breathwork addresses this imbalance by helping people balance the inhale and the exhale — so they can gain safety in both their vulnerability and their strength, and **accept safety in their gender identity.**

As Jim will explain, **breathwork provides a new model of acceptance, exposing deep fears of rejection and punishment.** True potential for blending your male and female sides blossoms so you can **enjoy yourself as a fully whole human being** and share this model with the world.

Jim will share new models of **gender expansiveness**, including those of transgender and gender nonconforming people.

He'll also share exercises to help you experience your early feelings of your acceptance of gender identity and expression — and/or being rewarded for culturally defined gender roles.

In this module, you'll discover how to:

- Release the holding patterns in your body and mind that **influence your authentic path** to gender identity and sexual orientation
- Read the features of **non-integration and integration** of the Gender Balanced pattern in your own body and others' bodies
- Know the **psychological and emotional defenses and strengths** that play out in the Gender Balanced theme normally and under stress
- Use bioenergetic exercises to help you authentically express your gender and **let go of the need to conform** to cultural stereotypes
- **Assess the areas of strength and limitation** in developing your sense of authentic gender identity and expression
- Engage in a facilitated breathwork session with bioenergetic movement and expression to help integrate your **gender-identifying life journey**

Module 7: Energetic Grounded Body Theme — Intimacy vs. Betrayal (June 16)



In this closing week, you'll learn how to bring your intimate relationships into a holistically fulfilling life path, and how to fearlessly surrender to love while still living a self-possessed life.

The Energetic Grounded theme is formed during the fourth to sixth year of life and often accompanies disappointment in intimate relationships as an adult.

Those in this state feel a deep sense of rejection and betrayal from their initial attempts to relate as intimate beings (to their parents or significant others). Their slogan becomes, *"No one is going to hurt me again."* Their compensatory belief becomes, *"I am a loving person who no one understands."*

Their bodies portray stiffening for the anticipated rejection of their love and are armored in the torso region. They tend to have stiff backs. Their eyes tend to be bright and they handle affairs of the world well. It is in maintaining intimate relationships that they falter.

Under stress, they quickly express anger.

Breathwork helps those with Energetic Grounded themes integrate and embody their inhalations and exhalations. Through breathwork, they're better able to handle their underlying frustration without rejecting other people. They learn safety in vulnerability with others and let their **naturally attractive, alert, capable qualities be shared in healthy, whole relationships**.

Jim will share exercises to experience your early feelings of acceptance for your desires for physical and emotional intimacy — versus a sense of judgment or reaction of yourself as a sexual being.

He'll guide you to review your early family dynamics and the messages you received to help you accept and appropriately deal with complicated feelings for a parental figure.

In this final module, you'll learn how to:

- Release the holding patterns in your body and mind that keep your heart from surrendering to love
- Read the **features of non-integration and integration of the Energetic Grounded pattern** in your body and others' bodies
- Understand the **psychological and emotional defenses and strengths** that play out in the Energetic Grounded body theme, normally and under stress
- Use bioenergetic exercises to get more comfortable **integrating loving intimacy into your life**
- Engage in a facilitated breathwork session with bioenergetic movement and expression to support the **process of feeling safe in surrendering to love**
- Review the Body Themes and create a plan for using breathwork and bioenergetics in ongoing and practical ways for a fulfilling life

The Therapeutic Breathwork and Applied Bioenergetics Bonus Collection

In addition to Jim's transformative 7-week virtual course, you'll receive these special bonuses to complement the course and take your understanding and practice to an even deeper level.

Returning to Source: Interviews With Master Breathworkers

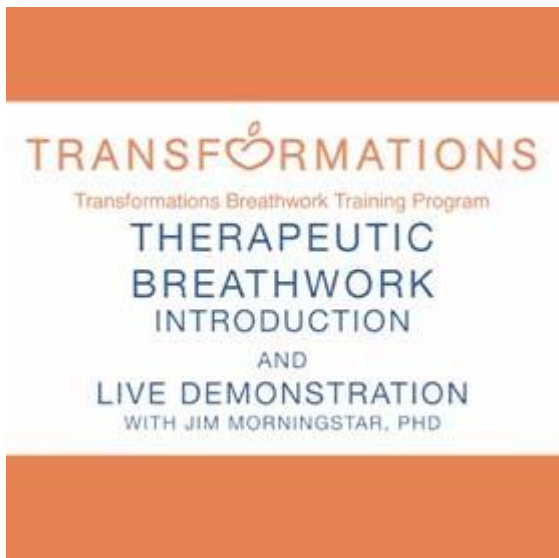
9-Part Video Series With PDF Companion



Explore wisdom from nine master breathworkers on topics vital to healing and growing in the art and science of breathwork. In this video series, Jim interviews fellow luminaries who share their unique approaches to using breath as a primary healing agent. You'll hear from **Jeremy Youst, Ann Harrison, Omar Chtioui, Judee Gee, Dan Brulé, Sondra and Markus Ray, Carol Lampman, Tilke Patteel, and Wilfried Ehrmann.**

Therapeutic Breathwork Introduction & Demonstration

Video Teaching From Jim Morningstar, PhD



Dive into this video teaching for an overview of the theory and technique of Therapeutic Breathwork as pioneered by Jim. Drawing from time-honored healing traditions and incorporating contemporary advances in somatic therapy and neuroscience, Jim's incisive approach integrates verbal and nonverbal parts of the brain. **"Breathing correctly is the key to living fully,"** he teaches, and in this tutorial, you'll get a supplemental demonstration of his life-changing technique.

Plus... you'll receive these bonuses too!

Being a Teacher of Light

9-Part Audio Teaching With PDF Handouts From Jim Morningstar, PhD



To be embodied on this planet is to be a student and teacher of light. Light is where we come from, what we're made of, and where we're going. In this powerful teaching, Jim shares how you can become more conscious and masterful of how you can live and grow in light. Delve into this audio to discover how to **steep yourself in the light of a master's path**, deepen your reverence for your own light — and be supported in sharing and teaching from your own light.

Therapeutic Breathwork in Healing Trauma & Addictions

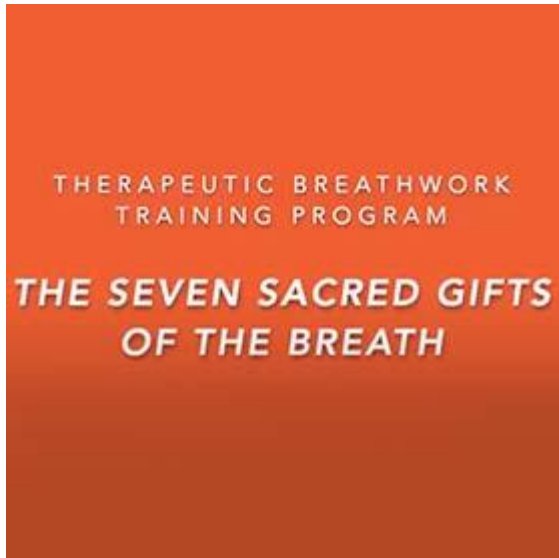
Audio Teaching From Jim Morningstar, PhD



What are the neurological and psychological causes and effects of trauma — and how do they impact addictions and treatment? In this audio, Jim talks with **Teri Nehring, MSE**, a psychotherapist and breathworker skilled in a variety of modalities. Listen in and explore the theory and application of breath awareness and modulation techniques that have a profound positive effect when it comes to managing anxiety, depression, and addictions. You'll also get insight into how breathwork training affects treatment staff and communities.

The 7 Sacred Gifts of the Breath

Video Teaching From Jim Morningstar, PhD



Discover what **the seven sacred gifts of breath** offer at each stage of both physical and chakra development throughout the cycles of your life. With this experiential presentation, you'll learn how being aware of these gifts and stages can help you recover any *original treasures* you may have lost, or that became suppressed during your development. You'll discover how you can experience the aliveness and joy of your pure inner spirit.