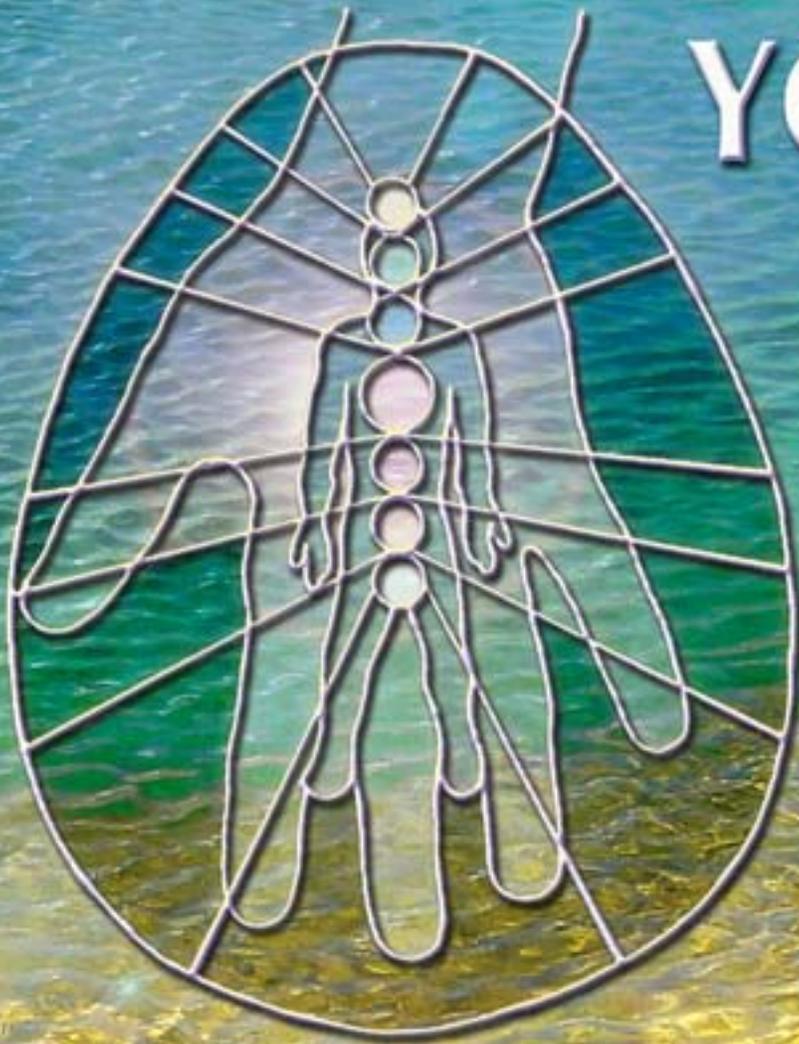


# HEAL YOURSELF

with  
Breath,  
Light,  
Sound,  
& Water



- Ancient Healing Secrets
- Integral Breathwork™ How-To Manual
  - Sound & Light Therapies
  - Earth & Water Energies
- Life Extension & Enhancement

**Denis Ouellette**

with Michael Grant White • Sol Luckman • John C. Ledbetter  
Debra Klein • Kevin Ryerson • Michael Richard

PROCESSING REVITALIZED  
STRONG I HAVE MORE ROOM!

MEDITATING PEACEFUL

MORE ENLIGHTENED

CONTEMPLATIVE RELIEVED

CONTINUALLY AMAZED

EUPHORIC EFFERVESCENT

ANTICIPATION & JOY STRONG

CLARITY CONNECTED TO LIFE

CONFIDENT EXPANDED

BLISSED OUT BIGGER CALM

NATURAL HIGH AERATED

HUNGRY INSIGHTFUL

DRAINED & FILLED RELAXED

## The Silent, Deep Universe in My Teen Brain

Hey there, Denis!

**M**y husband David and I attended your breathwork seminar at the yoga studio in Medford yesterday. It was a chance to rub shoulders and talk to people so much more like us than the previous collection of folks we have shared our incarnation with so far. You, the facilitator from Montana, are the fellow that Steve and Mary Carroll\* met when they were on their annual trek to the West, something many of us from the East do to connect with the pioneer spirit.

Originally from the East Coast, you saw Montana in 1989 and never looked back. Your father was a doctor and the first year or two of your college education was in pre-med, so massage and breathwork seemed like natural choices for someone who started out as a hippie.

After a few hours of lectures on the physiology of breathing and some evaluations to determine our own breathing efficiency (or lack of it), we settled down for the work at hand. Led by a CD with the breathing done by a coach, we all proceeded to follow the breathing rhythm for twenty minutes or so.

We were on our backs, eyes closed, blankets upon us. I thought I'd fall asleep, but it's called *breath-work* for a reason—it was work! The breathing was fast, just under what would have led to hyperventilation. As I lay on my back with my eyes closed, it reminded me of the *corpse pose* that ends my yoga sessions.

Thinking about corpses made me think about dying, which made me think about childbirth, which made me feel like I was being birthed, which made me realize I have been born, I AM born, and will be born again, and that I am every bit as eternally alive now as I will be when I reach the Great Beyond. I felt the same could be said of everyone there in the room with me, which made me love them all so fiercely! I realized that **THIS**—right here and right now—is the eternal moment. This is the heaven we are all taught to wait for, which we are told is far away and will be ours only if we jump through very specific hoops. I was no longer afraid of crying in front of everyone in the room. I no longer even felt separated from them... All in the first twenty minutes!

Almost as soon as my epiphany peaked, the breathing on the CD gave way to music that sounded like a heavenly celebration, the Universe joining my teen brain in a chorus that invited me: Would I step outside of myself and join the Eternal One? Hell, yes!

The next forty minutes was an opportunity to recover from the experience—a time spent equally between laughing and crying. The phenomenal simplicity of it all split my atoms apart into a light show, a sound show. It was a chance to float and dance, to swing, bob and weave, to sail on an ocean of understanding that does not depend on my outer surroundings for existence. It has been waiting to manifest—waiting for me to cross the divide that is no larger than the atoms in which I exist. They have collected and congealed into a mass everyone calls Karen, but there is much more—and much less—to all of this.

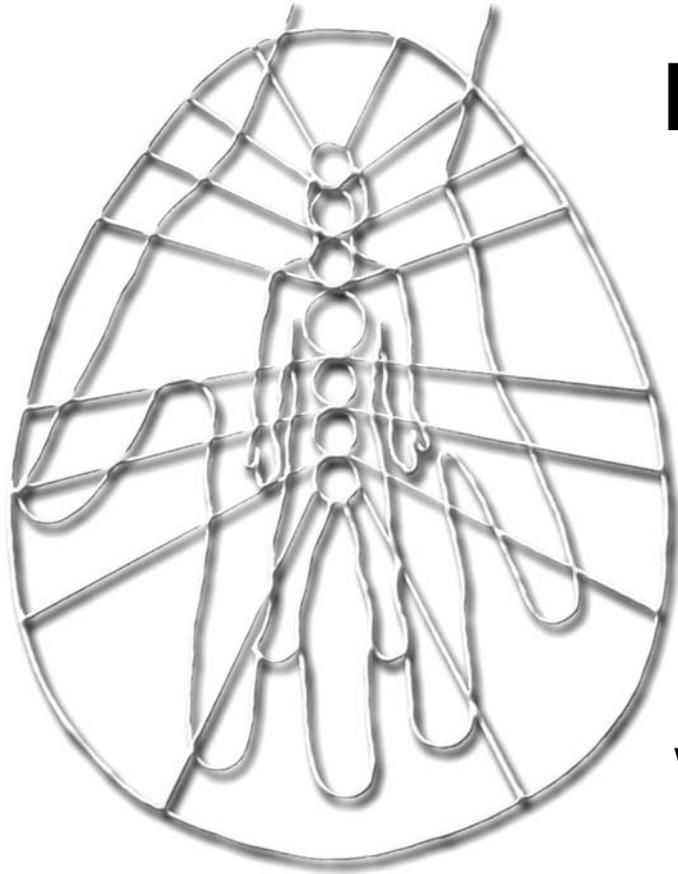
I understood all this in one of those deep understandings that will not disappear with time, but still grow stronger and deeper, all the while quiet, silent, and deep. ■

— Karen Berkey • Medford, NJ

*\*Special thanks to my dearest friends, Stephen and Mary Carroll, from Audubon, NJ, who sponsored a major weekend of breathwork in Medford, NJ in 2007. We did TWO half-day seminars, where over 80 participants were accommodated. On one of the Carroll's Montana visits, Steve and I climbed Emigrant Peak together (11,000 feet). Lovely Mary has since passed away. Steve carries on his psychotherapy practice where he specializes in Somatic Experiencing, the work of Dr. Peter Levine as described in the article, "Getting the War Out."*

**Your Inner Healer simply waits  
in loving innocence  
for the untainted truth  
carried on your Breath.**

— *Steve Moesong*



# **HEAL YOURSELF with Breath, Light, Sound & Water**

**Denis Ouellette**

with Michael Grant White • Sol Luckman • John C. Ledbetter  
Debra Klein • Kevin Ryerson • Michael Richard

# HEAL YOURSELF with Breath, Light, Sound and Water

Denis Ouellette

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Part Two originally published under the title:  
*Rebirthing According to Spirit: Healing with Breath, Light, Sound and Water*  
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**NOTE TO ALL THERAPISTS:** Feel free to incorporate any materials and practices into your own modalities.

PRINT ISBN: 978-1-7339053-0-5

Cover photo: Geothermal pool at Yellowstone National Park  
Photo CD: *Patterns & Textures from Yellowstone*  
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Cover design, book layout & graphics by Denis Ouellette

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Revised & Updated Third Edition: March 2019 • Second Edition, June 2006  
First Edition: First Printing, November 1982 • Second Printing, March 1984

Published by Natural Life News • [www.NaturalLifeNews.com](http://www.NaturalLifeNews.com)  
739 North 11th Street • Livingston, Montana 59047  
*Printed in the United States of America*

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**For additional copies write to Natural Life News**  
**730 North 11th Street • Livingston, Montana 59047**

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## ***Your Best Friend***

**Early in this book Denis points out,  
“Your breath can be your best friend.”**

**Indeed I agree, because the breath has become  
my closest friend and ally in life.**

**It is truly my constant and loving companion  
as I travel the world on this journey  
of awakening, healing, and growth.**

**Whether I want to calm down or to energize myself,  
the breath is there to lend a helping hand.**

**If I want to focus my energies or expand my consciousness,  
the breath is waiting to support me in this too.**

**And this is true for everyone.**

**Whether we want to remain closed or stuck or stagnant—  
or choose to open ourselves to new feelings,  
new dimensions, new realities, a new life—  
the breath is more than willing to help us,  
and it’s already acting upon our subtle cues.**

**No matter what our present situation or calling in life,  
no matter what our goals or dreams may be—  
breathing is a force, a tool we can use,  
a bridge of immense practical and spiritual benefit.**

**And it’s just waiting for us to discover,  
to explore, and to develop its power and potential.**

**I invite you to use this priceless gift called breath.**

**Dan Brulé, Los Cabos, Baja California Sur, Mexico  
Author of *Just Breathe* • [BreathMastery.com](http://BreathMastery.com)**

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# Introduction to the Third Edition • 2019

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Well, it's 2019 and I'm 67 years old! This book, a multifaceted compilation of wisdom on natural healing—only a minor portion of which comes directly from me—all began when Debra Klein, a mystical lady, dropped some audiocassettes in my lap in 1979. I was in my late 20s and in my fourth year in the Navy in San Diego. I had fallen in with a band of friends interested in healing and spirituality.

I transcribed and edited those tapes, which grew in scope and number as we went along. That's Part Two of this book, first published alone in 1982 under the title, *Rebirthing According to Spirit—Healing through Breath, Light, Sound and Water*. I found

myself among the pioneers of a practice called “rebirthing,” which has since become known as “breathwork” in its many permutations. This original book ended up placing its stamp as foundational teachings on natural health, and I believe it stands on its own still today.

I moved on to other things in my life and career, including starting a family, and in about 2002, I got the prompting to take up breathwork again. As I collected new information and started to develop a half-day seminar, I got the idea to put this original work together with everything new I was learning and sharing with others. Thus was born this new book, with an adjusted title, and a host of new research and contributors. The second 2006 edition was mostly my seminar workbook, and since then I've gone through all 1000 of the copies printed.

Now, I suppose I'm preparing this (and myself) for posterity. I am adding a few key chapters and stories, getting the ISBN and bar code, and getting it up on Amazon and on my website, [NaturalLifeNews.com](http://NaturalLifeNews.com). My Integral Breathwork Seminar is presented in Part Three in its entirety. I'm giving it all away for everyone to adapt, use, teach and experience in their own ways. I have taught this seminar more than 100 times and I'm still doing so, but now it's yours.

I still firmly believe that natural-healing methods must continue to re-emerge as our civilization learns from its mistakes and re-adopts more healthy ways of thinking and being

that are more in harmony with God and with nature, from which She fashioned our bodies and through which Her Spirit flows.

Don't be too alarmed if this doesn't seem like much of a book at all, but more like a *hodge-podge!* Yes, I change the subject and even the authors quite a lot. But enjoy the variety and watch where it's leading you into the paradigm shifts of the ages.

Let's start this third (and final) edition off with a story and see where that leads us.

## The Robust Boy

“Linda,” a mother in her late thirties, attended one of my Integral Breathwork Seminars and had a good experience. A few months later she called and asked for a private session for her 16-year-old son who was experiencing bouts of asthma and allergies. I said sure, and invited her to attend the session—always a good idea with kids at that age. I was expecting a sickly boy but in walked “Sam,” a rather robust teenager, dark hair, short and stout, with the body of a rugby player, well into puberty, and quite sure of himself.

Breathwork was all new to him and we started with some assessments. He was in great health overall, and his breathing was just fine, so I was a bit puzzled, but we proceeded. Not very long into his breathing session, maybe 10 minutes in, he sat up with a start, tears started running down his face and he said, “I couldn't breathe! I never want to feel THAT again!”

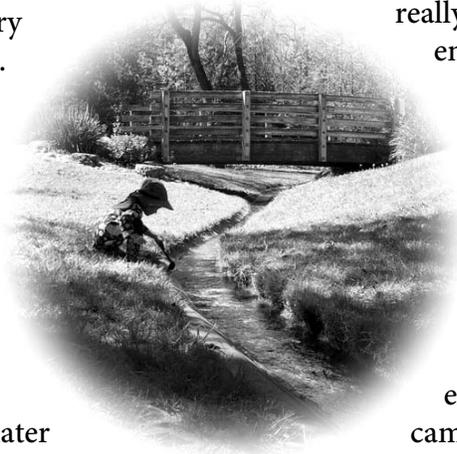
After settling him back down and using the breath to get him relaxed, on a hunch, I asked his mother, “Did Sam ever have a near-drowning experience?” She said, “Yes! When he was about a year old, we were at a park with a small brook run-

ning through it. I looked away for a second, and when I looked back, there he was face down under the water. We ran right up to him, got him breathing, and then had him checked out at the hospital. All seemed fine, and I had actually forgotten about that until you asked me.”

We tried some more breathwork, but the session was really over after that experience and that revelation. It was really an unraveling of that experience from his memory banks, and sometimes, just having that “now I understand” moment is enough. One of the inner thoughts that, I would say, was playing out as a recording in Sam's brain (in the amygdala, to be exact), was exactly what he said when it came to the surface, “I never want to feel THAT again!” This is the typical recording that gets imprinted on the amygdala when any bad experience occurs, especially in the earliest years. Just like the toddler putting his hand on a hot stove, the brain learns NOT to do that again. But in Sam's case, in my view, what it set up was a tug of war with himself, blocking him from all the formative urges to explore, to grow, to be rambunctious, and replacing it with that scary memory of a near-death experience. Thus the allergies and the asthma, which is a way that the subconscious can hold someone back in the fear and reluctance aspects of “fight or flight.”

That cycle of sabotage was broken for Sam, just by bringing that memory to the surface. Especially for a robust teenager, I believe that was all it took for him to jump off the massage table and be on to the next adventure.

At that age, you don't do much reflection, you don't often even say ‘thank you.’ “His mother and I did talk a few days later, and she said he was joking and rough-



housing with his younger brother that afternoon, which was new behavior for him, so that's a sign that we was moving on. On his way home, he had a few things to say to his mother. One was, "Now there's ANOTHER thing wrong with me!" I stressed to Linda that, no, this was the ORIGINAL thing wrong with him and it's now resolved and unraveled from his subconscious, so he can make new choices, his immune system will immediately be less compromised, much stronger, so soon it will probably be goodbye to the asthma and the allergies.

At the tail end of our session, one of my daughters walked by, then 18 and quite attractive, apparently to Sam, walked by passing right between me and him on the massage table, and his mother. This seemed a bit odd to me, but that was the way to get downstairs to her room. Sam mentioned this to his mother, too, saying, "I'd go back there just to see HER again!" So apparently, Sam's libido was in good working order!

## "Getting the War Out"

I have published the bi-monthly, regional magazine, *Natural Life News*, for over 16 years now. In 2007, I wrote an important article titled "Getting the War Out," now included in this book. In it, I refer to the groundbreaking therapy of Peter A. Levine, Ph.D., Somatic Experiencing®, which he uses for releasing stored trauma and PTSD. While my article was for soldiers in particular, the therapies described there apply to all trauma victims in general.

## The Privilege of Fatherhood

As I pen this on Father's Day, I trust the readers will indulge me for a little fatherly bragging. There is no father who is not proud of his daughters, in this case, my twins, Vicky and Shelly. Here is Shelly's talent at skateboard art, which fetched a good price at the recent auction for Livingston's new skate park.

And here is a poem by Vicky, at 19 already a writer. Both will



Vicky & Shelly Ouellette

be leaving soon to attend Prescott College, a progressive liberal-arts school in Arizona.

—Denis O.

## Lightness

In my next life, I want to be the wind on a hot, sticky day—the sweet cool that caresses your warmth. I want to be the stretch of a shadow—the silhouette of a palm leaf as it grows across the red dirt, reaching, reaching...

I want to be the spray of a waterfall, saying yes! I am something thunderous and powerful but I will still touch you gently.

I want to be a sprig of green shooting up through a sidewalk crack, witness to private acts of kindness, privy to secret thoughts of self-destruction. People will look at me and say, "It's a miracle" and I will laugh because they don't realize it is they who are the miracle.

I want to be something untouchable. The first break of dawn as it splits through the dark and lands on an unsuspecting scowl. Seeping my warmth into the broken places, filling even the deepest fractures with a liquid softness that grows and swells and washes over you in a way that you can't shake the lightness in your soul for a full day.



Natural Life News & Directory • July–August 2016

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The methods Levine developed are wonderfully effective, as is breathwork, when done carefully and safely. In addition, Emotional Freedom Techniques (EFT), and Rapid Eye Technology (RET) and its cousin, Eye Movement Desensitization and Reprocessing (EMDR), as well as Psych-K, and Systemic Family Constellations—all of which are described in this article—have proven effective for PTSD.



If the reader is interested in trauma release work, this lengthy article is a good place to start, as is a contribution by the Swiss psychotherapist Joy Manné, titled “Nothing as Powerful as Gentleness,” also in this book. This type of work is sorely needed all over the planet. It is a major reason why I have pursued breathwork and bodywork as my life’s calling. (Please note that in republishing “Getting the War Out,” I have left all the contributors’ advertisements intact, to show their faces and their credentials, but I can’t vouch for their contact information, now 12 years later. You can always Google or Facebook them!)

It’s always a wonder to me how readily our body’s systems will right themselves, purge themselves, and return to homeostasis and health when given just a small amount of the right opportunity and coaxing, as depicted in Sam’s case, above. For a child, small traumas are resolved with a good cry and a mother’s hug. Most of us don’t get through life without plenty of larger traumatic experiences—it’s a rough-scrabble world, with a lot of abuse going around, in some cases built into our ancestry. It’s up to the healers among us to help those in need.

John Upledger’s life work also comes to mind, not only his wonderful CranioSacral Therapy®, but its offshoot, which he uncovered when releasing and discharging was happening spontaneously, called SomatoEmotional Release®. In his language, blockages caused by trauma, “energy cysts,” can be dissipated, thus ridding the body of the need for adaptation and discomfort. All it takes for these releases to occur is a light touch and an attitude shift.

Similarly, there’s the grassroots movement known as Re-evaluation Counseling, which I was involved with for years. All it takes there is some honest listening, and a verbal contradicting of a stubborn but erroneous self-concept to start the discharging and resolving of a long-held burden.

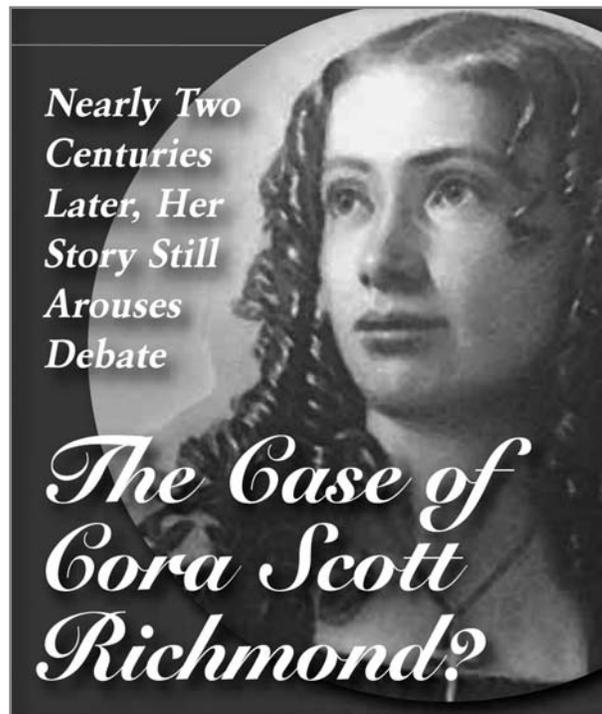
## The Spiritual “Control”

As you move into Part Two (the channeled material) of this book, you will encounter discourses from three pairs of two spiritual beings, who on several occasions, instructed us on these topics of breathwork and natural healing. As I sat there transcribing these audiocassette recordings—this was in the late 1970s, mind you, before the days of computers—it struck me that these pairs consisted of one higher spiritual being and one who was much closer to the earth in terms of evolution and placement on the rungs of hierarchy, almost as if the higher being needed an intermediary, as a relay station, for this communication with earthlings to occur.

Mother Mary is lent assistance by Cochise, the Apache Chief. She brings blessings, while he delivers practical teachings and insights from the Akashic Records. In the second set, the arcane teachings of John the Divine are counterposed with the humorous and down-to-earth (astrally speaking) instructions of Tom McPherson. And again, the third set was John the Baptist with his fiery sermon, counterbalanced by Katherine the Healer (of unknown identity other than her name), whose valuable and practical teachings on energy healing I have used throughout my life's work.

I found an explanation for this pairing up in an article published by J. Douglas Kenyon, a friend and associate, in his *Atlantis Rising* magazine, from here in Livingston, Montana. The article is by Michael Tymn and titled, "The Case of Cora Scott Richmond—Nearly Two Centuries Later, Her Story Still Arouses Debate." (AR #132, Nov–Dec 2018) She was another astounding medium in the early days of such explorations. According to Harrison Barrett, her biographer, Cora was one of the most famous women in the world during the late 1800s. His 1895 biography of her is titled, *The Life Work of Cora L. V. Richmond*, and it describes how this phenomenon of a "spiritual control" works:

*Some of the spirit communication came through in foreign languages, occasionally an ancient language, but a spirit named*



*Ouina, said to be an American Indian who had lived some 420 years earlier, served as Cora's chief guide and control, and was somehow able to interpret the foreign languages. Ouina also served as an intermediary for much more advanced spirits, who were at too great a vibration to effectively use Cora's organism.*

I believe the sessions recorded in Part Two of this book, from my young-adult years in San Diego, with their specific teachings on natural healing and breathwork, came together because we, as a band of holistic healers with open minds and hearts, were ready to receive these truths. We were not daunted by the source from which this knowledge came. We felt no compunctions because we knew, loved, and trusted the mediums and the process. As the New Testament says, we did "test the spirits as to whether they are of God" (1 John 4:1), we did "discern" the messages (1 Cor. 12:10), and we did "hold on to what is good" (1 Thes. 5:21).

## The Essene Gospel of Peace

As a young man, I devoured Edgar Cayce's works as the Sleeping Prophet. What he spoke of correlates well with Cochise's discourses from the Akashic Records on the healing temples of Atlantis outlined here. In addition, the teachings set down in 1981 in *The Essene Gospel of Peace*—apocryphal teachings of Jesus trans-

**Your Inner Healer looks like you, speaks like you, feels as you do.  
Your Inner Healer knows exactly your needs.**

**Breath is the rainbow bridge,  
The rainbow bridge to your Inner Healer**

**Your Inner Healer doesn't care about technique.  
Your Inner Healer simply waits in loving innocence  
For the untainted truth carried on your Breath.**

**Your Inner Healer doesn't care about the "shoulds."  
Your Inner Healer simply waits in loving innocence  
To send with the Messenger of Breath  
Whispers of truth to your Soul.**

**Breathworker Steve Moesong • Rhinelander, WI • [Moesong.com](http://Moesong.com)**

lated and edited by Edmond Bordeaux Szekely from the original Hebrew and Aramaic texts found in the Vatican Library—are a perfect correlation to the themes in this book.

As the stories are told there, Jesus asks those who have come to him for healing to fast and pray, and to embrace the natural elements in order to make their bodies clean and whole again. This is what he says about the angels of air, followed by the same exhortations to the angels of water and of sunlight (fire):

*“Seek the fresh air of the forest and of the fields, and there in the midst of them shall you find the angel of air. Put off your shoes and your clothing and suffer the angel of air to embrace all your body. Then breathe long and deeply, that the angel of air may be brought within you. I tell you truly, the angel of air shall cast out of your body all uncleannesses that has defiled it without and within... No man may come before the face of God, whom the angel of air lets not pass. Truly, all must be born again by air and by truth, for your body breathes the air of the Earthly Mother, and your spirit breathes the truth of the Heavenly Father.”*



## Omraam’s Daily Meditations

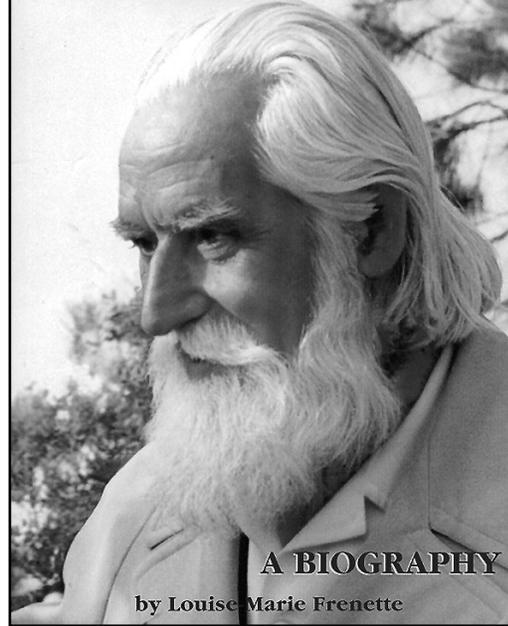
Omraam Mikhaël Aïvanhov (1900–1986) was a Bulgarian philosopher, alchemist, mystic, and astrologer and a leading 20th-century teacher of Western Esotericism in Europe. As I read his biography and his Daily Meditations (available through [Prosveta.com](http://Prosveta.com)), so astounded was I at the alignment of his teachings with everything that this book stands for that I contacted the current president of his organization, who said it seems we were kindred spirits. He gave me permission to use twelve of those brief meditations in this book. (My only problem was that I have set aside many dozens of his quotes over the years!) Nine of them follow.

In the foreword to Omraam’s biography, *The Mystery of Light*, Dr. Larry Dossey wrote, “One of the most striking qualities of Aïvanhov’s teaching is the simplicity and clarity that shines through at every moment. What a joy to rediscover that authentic wisdom need not be opaque and impenetrable.” Omraam speaks of healing yourself through nature’s elements, in great part through the fire element in sunrise meditations, but also through air and water, and the “quintessence” that flows through all of nature. Some call this the Holy Spirit.

Omraam’s methods of attaining physical and spiritual health often involve sunbathing or sunbathing, and he named his system Solar Yoga. He freely acknowledged that the roots of his solar practices lay in ancient traditions he had learned from surviving masters from the Caucasian mountains, his homeland, and even from Tibet and India.

“Through my teaching,” he said, “I want to impart to you some essential notions of the human being: how he is designed, his relationships with nature, and the exchanges he must make with the universe, if he is to drink from the springs of divine life.” This is why Omraam, among all spiritual teachers, finds his way into

## Omraam Mikhaël Aïvanhov



my 2019 introduction. Here are a few samples of his teachings that illustrate perfectly the themes I’ve attempted to collect and put forth in this book:

### PRANA

*At the beginning of creation God said, “Let there be light!” and from this light he made universal matter. Every morning at sunrise, we have an opportunity to intensify this living light within us, thanks to the “prana” contained in the air. Prana is an energy that exists throughout nature, in the earth, in water, air and fire, but it is mainly carried by the sun’s rays, and through respiration we are able to capture it and introduce it into ourselves. Each particle of this prana is like a drop of crystalline water, a tiny, suspended sphere, filled with light. While we are concentrating on the sun, we absorb some of these spheres, these subtle particles, through our breathing, and in this way we strengthen not only our physical body but also our psychic organism. (4/13/08)*

## ELEMENTALS

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*For creation to become eloquent, alive and meaningful for you, you have to learn its language. Your whole life must be directed to this goal: to enter into communication with nature and its inhabitants. The inhabitants are everywhere: in the water, in the air, on the earth, in fire, in the mountains and trees, in the sun and the stars everywhere! And they greet us and give us signs. But who sees them? And who, also, sees nature as a luminous substance traversed by rays, whose colors and beauty no language can describe? If you wish these inhabitants to accept, help and support you, prepare yourself for entry into this immense world by giving it your attention, understanding and love. You already live in this world, you walk in it, but you must open your awareness still more to it and lift the veil that prevents you from seeing it. (9/22/08)*

### THE HIERARCHY OF NATURE

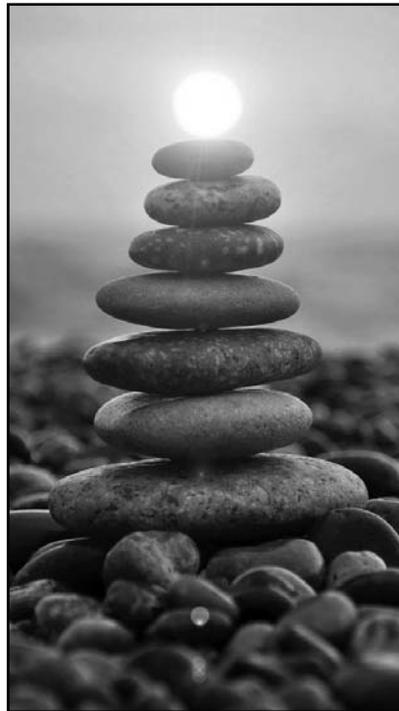
*The different kingdoms of nature, along with the creatures that inhabit them, are interconnected. Whether or not we are aware of it, the beings both below and above us are connected to us. There is a living hierarchy in nature, and this link that connects us to all higher beings makes it possible for us to elevate ourselves. But we are also linked to all the beings below us—animals, plants and stones—and this link is extremely powerful. If our thoughts, feelings and actions are honest and pure, we receive beneficial forces from heaven, which pour into us through this continuous, living chain of creatures. But the divine currents do not stop at us; they pass through us and descend to the creatures below us in the animal, vegetable and mineral kingdoms, creatures that are also*

*connected to us. In this way, each harmonious state we experience has a positive influence not only on the people around us but on the animals, plants and stones, which are also our brothers and sisters. (10/23/11)*

### RELATIONSHIP TO THE SUN

*Everything on earth is transient, ephemeral, but above our heads the sun remains, unchanging and eternal, and that is where we must direct our gaze. When you seek the truth you must turn to something that doesn't pass away, that doesn't change. But it seems difficult for humans to find the right attitude towards the sun: Either they neglect it or they exaggerate its role; either they think it*

*has nothing to do with religion or they worship it as an idol. They are mistaken in both cases. By giving the sun no place in their inner life, they are depriving themselves of an essential element. But to focus on the physical sun as though it were an idol is to regress to the mentality of those primitive peoples who worshipped the forces of nature. The sun must simply be a way of finding God, our inner sun. Each day, by contemplating it, by exposing ourselves to its rays and identifying with it, we increase our divine light, warmth and life. (5/19/08)*



### BREATH & FIRE

*To breathe is to live. But life is neither to be confused with the act of breathing nor with air itself. Life has its origins in an element much subtler than air and for which air is a food: fire. Yes, life is found in a much higher realm, in fire. Air serves only to feed this fire,*

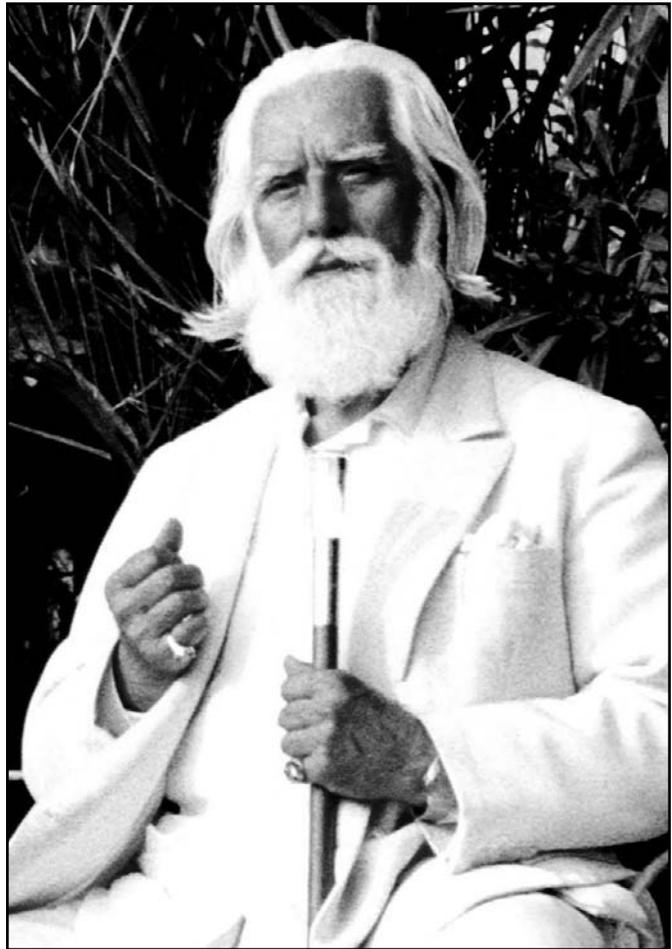
*and without the presence of air the fire goes out. The lungs merely feed the fire that burns in the heart. The primary cause of life, therefore, is fire; and air, its brother, nourishes it. When man breathes his last, the fire goes out; when he exhales for the last time, life is extinguished. Since it is air that sustains the fire of life, we must pay great attention to the process of respiration. Do not imagine that just because you breathe, everything is fine. No, in most people, even though they are alive and breathing, this process has become weak, compromised. This is why they must make the effort to work with the breath so as to animate, purify, and intensify the life within them. (01/17/17)*

### BATHING IN WATER

*Our everyday life is made up of numerous activities we consider prosaic, but it is always possible to give these prosaic activities a spiritual dimension. For example, if you wish to take a bath, why make do with a physical bath that will only get rid of a bit of dirt? It should also be a bath that washes you on all levels, a bath that purifies you. So, before you get into the water, speak to it, to the entities that live in it, and say to them, 'You creatures who live in this water, I am happy to make contact with you today, because I know God has given you the power to rid my whole being of impurities. That is why I'm speaking to you, so you can work on me.' And you touch the water, you bless it and invoke the power God has over water, the light of God and the purity of God. When you speak to water in this way, as to a very precious element in which creatures of great purity live, you are already entering into contact with it on other planes, and when you begin to wash yourself, you also reach your etheric, astral and mental bodies. You feel relieved of all the psychic impurities you have accumulated, and after your bath you are ready to get back to work with renewed strength. (08/14/09)*

### PURPOSE OF INCARNATION

*What are we doing on earth? What is our purpose in coming here? We have come to earth for a very important reason: to study matter and work with the forces, which animate it. We are spirits who have been given bodies so that we can function in the world of matter. Some think the Lord has designed things very badly: since man is a spirit, instead of incarnating in a body that restricts and imprisons him, he should have remained in the spirit world, in the light and magnificence of heaven. No, in his great wisdom the Lord decided otherwise, and contrary to appearances our descent into matter does not exile us far from him, for matter is of the same essence as God. It is a condensation of the divine force. (12/6/18)*



## PUTTING LIGHT FIRST

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*You must put light in first place. For light is present in all things. When you become imbued with this truth, your whole life will be transformed. If, when you eat, you are conscious that your food—fruit, vegetables—is a condensation of the solar rays it has received, you create better physiological conditions for these rays to be absorbed and distributed throughout your organism. If you breathe with the conviction that you can attract light into yourself through your breathing, you are preparing yourself to receive celestial light, the spirit of God. For the light you see, the light coming from the sun, is only the most material form of light. Behind this light there are other, subtler lights, and if you know how to relate to these, how to nourish yourself with them, they will bring you eternal life. (03/23/09)*

## THE POWER OF MUSIC

*Angelic beings appreciate harmony and are attracted by music and singing. This is a belief that goes back to very ancient times. However far back we go in human history, sacred ceremonies have been accompanied by music and singing. Celestial beings love music; they themselves are music, which is why so many artists have depicted paradise filled with angels singing and playing all kinds of instruments. Sounds, whether instrumental or vocal, have enormous power, not only because they can be pleasing to the ear, but also because the vibrations they produce are so strong. We must, therefore, become aware of the power of music and find out how we can use its vibrations, which when amplified by the feelings of those who are playing or listening, create a conducive atmosphere for beings of light to visit us. (03/20/11)*



## So Grateful!

**M**y life has been blessed with so many experiences, teachers, and healings. Along with the breathwork seminars, I've been in a bodywork practice, off and on, for all these years too. I tried to count how many massages I've done and it's now over 15,000. As an NCBTMB Approved Provider, I have taught other bodyworkers how to incorporate more breathing work into their sessions. (I've included an article on bodywork toward the end of the book, as I pass the torch and hang up my oil holster, one of these years...)

Grateful am I for all the friendships I've made with so many of the world's most wonderful therapists and healers, some in person and still more by absorbing and assimilating their work into my own. Grateful I am for all the clients I've been able to help. When you get someone out of

stress, you change their decision-making and therefore, the course of their lives. This is a privilege that truly humbles me.

May YOU find inspiration here that fits with your soul and mind and your direction in life. May you look deeper into the invisible worlds that surround you, and through your therapy and spiritual practice, may you open your perceptions to those worlds and the loving beings that inhabit them, both in nature and in higher realms. All you have to do is stay positive, and share love and light, and they will rally around you—even the tiniest electrons of the Holy Spirit will gather around you like moths to a flame.

As you bless life on earth, all is lifted along with you. Thank you for reading and the sharing what you've learned and become.

— Denis Ouellette • April 2019

*Special  
Acknowledgment  
for the Contributions of:*

Michael Grant White  
Debra Klein  
Kevin Ryerson  
Michael Richard  
J. Michael Wood  
Sol Luckman  
John C. Ledbetter  
Paul von Boeckmann  
Daniel P. Reid  
Leon Chaitow  
Thomas Goode  
Dan Brulé  
Joy Manné  
John Meneghini  
Michael Saiber

& to all those who  
contributed sidebars  
and personal stories



*Gratitude to the Editors:*

Olivia Hoyt  
Joan Nemeth  
Linda Locke

# PART ONE

## *Inhale!*

**Y**ou can tap into the healing powers already within your body and make use of nature's purest and simplest elements to do so. You can use breath, light, sound, and water to return to your innate wholeness, beyond what you even thought possible. The subtle life forces flowing through these elements are called *pranas* in the ancient Sanskrit. We absorb and use these *pranas* constantly. Of earth's life-giving elements, air is the most precious. Oxygen is abundant in the air, in water, and in chlorophyll-bearing vegetation. Subtler still are the *pranas* contained in light, both sunlight and artificial, and in the vibrations of pure sound and high-quality music. The material that follows explains how to access the powerful yet little-appreciated healing properties within these elements.

This book also contains information on ancient healing practices that came into my possession over 25 years ago. At that time I published this material and incorporated it into my holistic-health and breathwork practice. Over the years, I have combined this ancient knowledge with present-day science in a system I call Integral Breathwork™. The information is compiled here for your use. We invite you to experience its healing power at one of our Integral Breathwork seminars. We start with the breath as a healing tool, because breath is basic and immediate. It works especially well for people new to alternative therapies. This book is a manual on the practice of breathwork, incorporating its use with light, sound, and water. We use the breath first to clear away toxins and reawaken the senses. Once this foundation is laid and some skill is achieved, we can better perceive and work with the more subtle of the elements and energy forces.

***Your breath can be your best friend!*** It is ever present, providing you with life-giving oxygen and subtle energy from birth until death. It supports you by working heavily in times of exertion and stress and by calming you with slower, gentler patterns when it's time to rest and repair. Can a mother giving birth have any better ally than her breath? The breath is automatic—it works unconsciously, like your beating heart and immune system, your digestion and elimination. It is a pivotal function of the autonomic nervous system. When we bring the breath under our conscious control for healing, it opens up a whole new world. By using the breath in specific and powerful ways, it becomes a doorway into the hallowed inner workings of our physical body, our cellular memories, and our subconscious mind. Through cellular oxygenation (inhale) and the release of toxins along with carbon dioxide (exhale), and by skillfully directing the healing *pranas* of life, we can maintain and repair not only the respiratory system but *all* of our internal systems. When some of this homework is done, we can begin to use the breath as a vehicle for deepening consciousness and apprehending our higher purpose in life.



## ***“The breath is at the hub of the wheel of life.”***

**U***se the breath as your pivotal tool for branching out in all directions for healing and rejuvenation. When invited in with a little vigor, both oxygen and energy will penetrate the physical, mental, and emotional parts of yourself. The body will respond by relieving stress, expelling toxins, and opening energy blockages. When these pathways become clear, the breath can lead you into an awareness of its connection to All of Life.*

*Since the beginning of recorded history, the breath and other natural elements have been used for healing. Breathwork will enhance and multiply the benefits of any healing modality you are practicing. Those receiving bodywork who breathe fully during their session can double the benefits of their therapy. Yoga and Pilates, hydrotherapy, nutritional and herbal cleanses, and spiritual practices all blend wonderfully with the clearing power of the breath. Bodyworkers and therapists who breathe fully will be more effective and remain energized and well-balanced.*

*We start with a scientific understanding and experience of what optimal breathing is. Then we partake in a breathwork session to reap the benefits of full-body oxygenation and detoxification. This session has predictable and cyclical phases and will gently clear away one layer of debris at a time. You can set specific goals for your healing, yet you remain open, trusting in the body's innate healing mechanisms to take you reliably on the safest path toward wholeness.*

We all store tension in our muscles. But why? Science is advancing in its understanding of the link between body and mind. We're learning that the muscular tissues and the cells themselves have a subconscious memory. Often long after a physical injury or emotional trauma has passed, its shadow can linger on as tension, chronic pain, disability, and self-protectiveness. Emotional reactions, behavioral patterns, and negative mental attitudes can become imprinted and seem difficult to clear away. The breath is a remarkably effective way of getting in there to unlock and release these imprints.

Many of us have a breath that is shallow or nearly shut down. Many of us don't breathe diaphragmatically. This can be both a cause and effect of illness, injury, or the disabling of other internal, automatic systems. **We will always breathe enough to survive, but can our breath—and our life—be fuller?** Can our internal engines work more optimally? Take a moment to notice how you are breathing right now. If you are not breathing as freely as you would like, it could be of great value for you to pursue breathwork.

**A big, beautiful breath should be like an ocean wave.** On the inhale, as the lungs fill and the diaphragm descends, you should feel a 360° expansion in your lower torso. [See *The Pear, the Cone & the Wave* in Appendix.] This momentum builds and rises with a steady determination to its peak as air fills the rib cage and chest areas. The spine ripples as the wave moves up your body. The muscles of the neck and shoulders should remain relaxed, rather than bulging to lift the ribs off the lungs, as high-chest breathers often do. Then, without holding at the top, we exhale. The momentum spills over and crashes to the shore as we relax and release totally. This kind of exhale even sounds like a crashing ocean wave. We may find ourselves resting before the natural reflex prompts us to take in another breath.

Breathwork is fun and provides instant gratification. Take a few minutes right now to try the following rhythmic breathing tech-

nique. Sit or lie down comfortably somewhere. It's even better if you can be in the fresh air. Close your eyes. Relax and start focusing on your breath. As you breathe in through your nose, first fill your lower lungs. As your diaphragm descends, feel the expansion in your abdomen and sides and even in your lower back and kidney areas. Then feel your ribs open sideways (not upwards) as you fill your middle and upper lungs. Finally, feel your chest rising a bit.

Now fill your head with air. (Humor me on this one.) Traveling along with the physical breath is a corresponding energy flow, understood well by yogis, that you can experiment with. As you breathe in, the energy rises up your spinal column and along your *meridians* (energy pathways). The flow doesn't stop at the top of your lungs. When you get near the top of your inhale, breathe in a little more as you swing the energy around the back and over the top of your head. Feel the cycle coming to rest in the vicinity of your mouth and nose. Next, simply exhale, totally relaxing as you do.

Another helpful visualization is to imagine that oxygen and energy are going directly from your nasal cavities into your brain as you breathe in, refreshing and cleansing you mentally. Repeat the above process for twenty breaths or so. Now how do you feel? Probably refreshed,

grounded, more calm, and centered in the present moment. Maybe you're thinking about how your breath really *is* your best friend.

Yes, you can benefit greatly by improving the quality and quantity of your breathing, and this book will show you how. Yes, breathing is automatic and unconscious, but through conscious breathing you can access your body's internal systems. **Would you drive your car without opening the hood for regular maintenance or repair?**

Let's take a closer look at your body's main fuel, oxygen. It is more necessary than food for keeping cells healthy and happy. Oxygen is like gold! It's your primary source of energy. Oxygen is free, but like gold, it can be elusive because most people breathe at about 20% of their full capacity. As a consequence, their cells suffer. The good digestion resulting from diaphragmatic movement and the good detoxing from an efficient exhale usually don't happen well. This leaves them fatigued and sick.

The brain and nervous system thrive on oxygen. Oxygen displaces harmful free radicals, neutralizes environmental toxins, and helps destroy infectious bacteria, parasites, microbes, and viruses. These invaders, along with cancer cells, are anaerobic, which means they cannot live in oxygen-rich environments.

Oxygen shortage has been linked to every major illness, including heart conditions, poor digestion and elimination, asthma and sinus problems, arthritis, yeast infections, sexual dysfunction, and auto-immune diseases. Some indicators of low-oxygen levels are fatigue, muscle aches, forgetfulness, heart palpitations, cold extremities from poor circulation, and excessive allergies or colds.

In 1930s, Otto Warburg won the Nobel Prize in Medicine *twice* for discovering that only oxygen-starved cells weaken, mutate, and become cancerous. Cells starved for oxygen become something else entirely. Warburg found that rather than living and breathing aerobically, oxygen-starved cells live from the fermentation of sugars, and all their normal functions die off *except for reproduction*.

**The benefits of breathwork include increased longevity and vitality, cell regeneration, emotional and mental well-being, and trauma resolution.** Our Integral Breathwork seminar is a combination of physiological breathing work and transformational breathwork. The word *integral* means “lacking nothing essential.” We start by doing assessments and several exercises for improving breathing mechanics. Then we lie down for a gentle one-hour breathing session to experience full-body oxygenation and detoxing. Several of the seminar processes are outlined in the Appendix to this book.

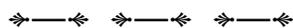
Many of us are too often stuck in “fight or flight.” Because of stress, poor diet, and oxygen depletion, the autonomic nervous system stays in emergency mode on the sympathetic side. After one breathwork session, most people will feel what it’s like to have a nervous system that’s finally at peace, free to focus on “rest, digest and heal” on the parasympathetic side. Your body knows just what to do with extra oxygen and how to cleanse itself when given the chance. It will respond by releasing stored toxins and tension and clearing out cellular memories. Every session will be uniquely suited to your body’s most pressing needs.

For a glimpse at the power and potential of this work, let’s start with a few stories from people who have used breathwork to great advantage in their own healing. Then we’ll explore the autonomic nervous system in more detail to understand the fight-or-flight syndrome in ways that Western medicine is now only beginning to understand and embrace. Mike White of Breathing.com checks in next with a more detailed look at oxygen. Then we’ll have some fun exploring the exhale.

Part Two presents the remarkable channeled materials I came upon and, in part, witnessed and then transcribed 25 years ago,\* on the ancient origins of this healing modality, along with timeless instructions. While this book focuses primarily on breathwork, it also explores the healing energies inherent within light, sound, water, and earth. To discover how sound and light activate healing in the DNA, read Sol Luckman’s article in Part Three. Next, John Ledbetter describes the power of the earth’s and our body’s own electric fields. Thanks to both Sol and John for their contributions, and thanks to all who have contributed sidebars for their added perspectives.

In Part Three, you’ll find further tools, guidelines and more stories on the healing practice we call Integral Breathwork, which integrates physiological breathing work with transformational breathwork.

Life is a miracle. Yet some of life’s most precious secrets are hidden in nature’s simplest and purest of elements. It’s time for you to discover them! ■



\*NOTE: If you are reading book this in its Third (and final) Edition, published in 2019, the 25 years mentioned above has become 40 years!

## Releasing Vietnam

Dustin Fox, CAMT • Emigrant, MT

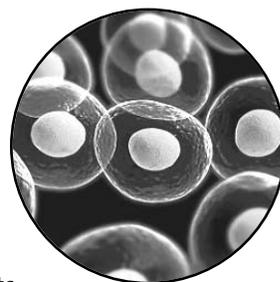


**M**y name is Dustin and I am a Massage Therapist. My first exposure to breathwork was during a massage I was giving to Denis Ouellette. He was breathing differently than anyone I had ever massaged before. His inhales were deep, and his exhales were really full and completely emptied his lungs. I had never studied breathing techniques but was fascinated by this self-cleansing approach to breathing. I signed up to attend his next breathwork seminar. I noticed that several essential health issues were being addressed. As a therapist, I was fascinated by the facts presented as to how we actually breathe, compared to how we could breathe to facilitate better health and well-being.

During the next few months, I attended four breathwork seminars and felt better after each one. But there were deeper issues that I needed to address that had settled into my very soul. It was at my fifth seminar that I felt this would be the day to identify and release whatever it was that was holding me in such turmoil. Following the instructions and breath measurement exercises, we partnered with someone in an atmosphere of safety and honesty. We shared the issues that we wished to address during our breathwork session. I realized it was time to go after my remaining Post Traumatic Stress Syndrome from the Vietnam War, over 35 five years ago. These “cellular memories” were still holding me in a depressed state and draining me of my health and spiritual contentment. They needed to be released.

As we began to breathe, I felt a stiffness set in throughout my body. The cramping in my hands began to get a bit intense. Denis came over and assisted me through the process. As I allowed myself to relax and breathe through the memories of pain and trauma, they left me. It took one more session for this to be complete. At one point during that sixth one, Denis said he was concerned about me because I looked as gray as a ghost. I think death itself was leaving me! I now feel completely content and cleansed of that trauma and depression.

**P.S. BLOOD TESTS.** Last year, before I began breathwork, I was advised by my physician to get a blood test as part of my annual checkup. Under the microscope, I was surprised to see that my blood cells were not round, but clustered together and misshapen. I was advised that this causes a reduction in the ability of the circulatory system to do its job of delivering oxygen and nutrients to the body while removing waste products.



This condition had an effect on my liver, kidney, brain and heart function. Healthy blood cells are supposed to float free within the system and are almost perfectly round. The doctor advised me to modify my diet to reduce sugar and fats, to exercise and most importantly, to improve my breathing to facilitate the reduction of stress and to increase my level of oxygen intake.

About ten months later, after five breathwork sessions and plenty of breathwork on my own, I returned for another blood test and was gratified to see that my sickly-looking, large blood-cell clusters were all but gone. The blood was rich with oxygen. Other tests showed that my organ function was within a normal range. I did make small changes in my diet and I do some light exercises, but doing the breathwork regularly is what brought my cells back to life! ■



## ***Popcorn on a Stove***

*Brenda Frye • Emigrant, MT*

I've been told over the years that I was a shallow breather, but I was never instructed on how to change my breathing. My history of work in the medical community gave me the knowledge of how important oxygen is, but I figured—I was breathing, so what was the problem? I was invited by a friend to attend a breathwork seminar and I went out of curiosity. I have attended several of them now and each one has brought me to a different and higher level of awareness and self-healing.

One of these sessions stands out for me. We are asked to scan our bodies and to select areas that we wanted to focus the healing breath on. I had suffered a severe injury to my right ankle over a year previously and I was still experiencing discomfort. As I lay down to begin the breathing, I concentrated on the rhythm and depth of my breath. As time passed, my body began to tingle and then vibrate all the way down to my toes. Also it was during this time my ankle began to stiffen and became quite painful. At first I thought, "What is this? It hurts!" But then I remembered the instruction that, as our cells release the memory of a trauma, we may re-experience the original pain, so I kept my focus on my breathing. Slowly the pain subsided but my ankle still felt stiff. I began to move it in a slow rotation. I felt it cracking repeatedly! It sounded like popcorn on a stove. I soon recognized that my ankle was now moving with ease and without any pain at all. As I lay there contemplating with joy what had just happened, I realized that I had released my ankle's injury from my cells and had breathed new life into it.

It is now months later and the ankle is still pain-free. I continue to attend these seminars and do breathwork on my own. I'm always learning more about the benefits of proper rhythmic and full breathing. The Breath of Life is there for my joy and health! I am now happy to be learning how to share this gift with others. ■

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## ***Better Than Ten Therapy Sessions!***

*M.W. • Bozeman, MT*

I first decided to attend a breathwork seminar because of problems I had with chronic fatigue syndrome, since I thought that increased oxygen to the body would help relieve my symptoms. I was in for a surprise when I found that during the session, I was able to experience and release childhood wounds, and specifically, issues of abandonment. I had not come prepared with a box of tissues nor had I expected that my eye makeup would be all gone before the session was over. At the end I thought, "Wow! This was better than ten therapy sessions!" During the next couple of sessions, in addition to increased oxygenation of the cells and body, which provided more clarity and greater well-being, I was able to release more past traumas.

During my latest session, I was in for another surprise. At first I started to fall asleep, but a facilitator came by to wake me up and told me that my drowsiness was due to toxins being released into my bloodstream. As I continued to breathe, the music that was playing reminded me of my search for my perfect love. I recalled the memories and emotions of loves found and lost in my life. I mourned these experiences and felt the emotion of separation from my perfect

love. After feeling this, I came in touch with feelings of the pain of separation from God, my first love. After experiencing this loss, I moved into an unexpected, beautiful experience of my oneness with God. The closest I can come to describing this is as a feeling of total joy, love, and peace. I have been on the spiritual path for many years and have had other spiritual experiences, but this transcendental bliss was very nurturing to my soul.

I came to my first breathwork class with the naive intention of just healing my physical body, and I realized I was healing my emotional body. Now, after this last session, I know this work actually heals all our bodies—the physical, emotional, mental, and memory bodies. Thus breathwork is a vehicle for personal transformation. It was very meaningful for me to discover the benefits of this work for myself. I have found breathwork to be one of those hidden gems—much more than meets the eye! ■

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## *Asthma, Arterial Fibrillation & Rebounding*

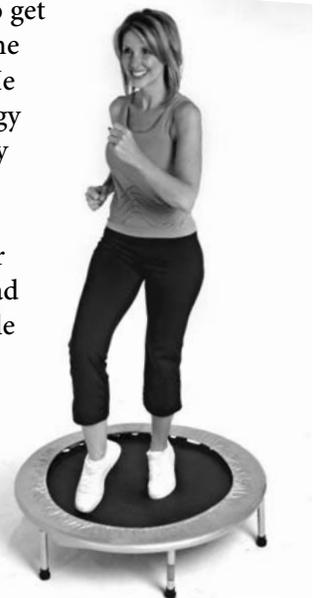
*Marlenea La Shomb • Livingston, MT*

I have been dealing with asthma since I was a child, and I have carefully avoided foods and situations that I know will trigger an attack. After my first breathwork seminar, I learned how to move out of the sympathetic side of my autonomic nervous system (“fight or flight”) by controlling and directing my breath. Three days later, I was at a girlfriend’s birthday party. There was dairy, a lot of cat hair, and smoking—three big asthma triggers for me. As I left, I felt a strong asthma attack coming on. During my drive home, I did the diaphragmatic breathing and slowed down on my exhale. I was able to avert the asthma attack within a half hour, where it would usually take me 4 to 5 hours of struggle, plus using an inhaler or drugs.

I also learned a method for calming an asthma attack by lying down and lifting one leg in the air, then slowly lowering my leg to the ground while exhaling and saying “Sssshhhh!”

A friend of mine also attended who has a problem with arterial fibrillation, where the valve between the upper and lower chambers of the heart will get stuck open, causing blood to drip back down, so the heart is unable to pump the blood properly. This causes light-headedness, nausea, and a racing heart. He becomes extremely weak and needs to get down on the ground with his head between his knees. The next day at a job site, he felt his heart racing again. He dropped his tool belt and got down on his knees. He used a technique he learned to calm his system and direct a slow exhale and energy to his heart area. As with asthma, the non-closing of this valve can be triggered by stress. He is now able to bring this condition into balance and get the valve to close every time just by controlling his breath. He once went to the emergency room when this happened, and they told him there was nothing they could do for him except use the electro-defibrillator to shock the valve into closing. We are glad he has a natural method, along with foot-zone balance and essential oils, to handle this problem.

I have since become a Naturopathic Doctor and certified reboundologist. I use breathwork in all of my work. Rebounding uses the natural forces of acceleration, deceleration and gravity to move all the fluids in the body and to bring oxygen to all the cells. It’s like having a second set of lungs! ■



## Are You Stuck in “Fight-or-Flight”?

**D**o you tend to see the glass as half empty? Do you find yourself dwelling on worries, fears, or resentments more than you'd like to? Do you overreact to stress or upset? When something bad happens, do you say, “I knew it!” rather than, “Well, OK, now what?” These are common emotional indicators of being stuck in fight-or-flight. This condition shows up in our bodies as an imbalance in the autonomic nervous system called overactive sympathetic tone. The good news is that it's adjustable.

Many people deal with this at a more severe level. They have anxiety or depression too often and can't shake a negative outlook. Their sex drive and general aliveness may be low. Those with this imbalance often develop high blood pressure, digestive disorders, peptic ulcers, poor circulation, or migraine headaches. The longer people stay stuck in it, the worse the symptoms can get. Chronic pain, anxiety attacks, fibromyalgia, and other stress-related or immune-deficiency diseases may develop. Western medicine has opted to treat the symptoms and has not always understood the cause. Treating high blood pressure with medications that block the beta receptors or treating ulcers with antacid pills can allay symptoms but can also create imbalances in other parts of the body.

It's common for people who are overanxious or out-of-sorts to eat too much. This can come from a subconscious desire to get some relief from fight-or-flight by forcing the activation of digestion, which cools down the nervous system and brings it to the parasympathetic side. [See diagram next page.] But there's a better way to do this!

Dr. Andrew Weil, a proponent of integrative and holistic medicine, points out that in the West, there isn't even a standardized diagnosis for this nervous-system imbalance, but practitioners of oriental medicine have known about it for centuries. What's the easiest, most natural way to bring your nervous system back into balance? It's through conscious breathing!



### HERE'S HOW IT WORKS.

You have two nervous systems: the voluntary one (central nervous system) and the involuntary, automatic one (autonomic nervous system). The autonomic system governs all the unconscious functions of the body, such as heart rate, circulation, and blood pressure, hormone secretion, digestion, elimination, and sexual function. The disorders listed earlier are all imbalances in these internal, automatic systems. But how do we access the autonomic system if this part of us is hidden, unconscious, and automatic? How do we get in there to reestablish balance or to do maintenance and repair? Breathing is the doorway, because it's the only system in our bodies that works both consciously and unconsciously.

The autonomic system has two opposing sides—the sympathetic and the parasympathetic. These are the two sides of one gauge, one runs hot, so to speak, and one cold. Ideally they should interact freely with each other and come into dominance depending on the situation. We are meant to move into the sympathetic side in times of physical exertion, excitement, emergency, and stress. That's the hot side, and it serves a valuable purpose whenever fight-or-flight is necessary!

When the sympathetic system is stimulated, heart rate increases, as does sweating. The blood vessels dilate in the large muscle groups, so more blood is diverted to them. Adrenaline rushes and we are alert and prepared to handle whatever extra stress we are in. Brain dominance shifts from the frontal lobes to the posterior, from the ability to use complex logic and higher logic and intelligence, to using only black-and-white, yes-or-no, primitive decision making.

The problem is that many of us can't easily rebalance to a neutral or relaxed state when the stress or upset has passed. We are supposed to move from this hot reflex to periods of cooling down when the parasympathetic nerves and their functions take over. This usually occurs during sleep and with daily food digestion and waste elimination. The immune system and many other complex internal functions only perform well when the parasympathetic is active. When we're stuck in the sympathetic, the parasympathetic functions don't all get their chance. So how and why do we get stuck in the sympathetic and how do we get unstuck? Our current load of daily stress and constant overstimulation play their parts, as does poor nutrition. But unresolved past distress compounds it.

Here's a graphic example that we use in our breathwork seminars. Take an empty clear plastic drinking bottle, and squeeze and dent it all over. This illustrates the state of many people's nervous systems and of their breathing patterns. Every physical, mental, or emotional pain or trauma that we have endured throughout our lives, but which has not been properly released and healed, leaves its record as a dent in our nervous systems, and a self-protecting, self-defensive reflex memory gets stored in our physical cells. We call these cellular memories. Over time, as these memories build up, we lose functionality and flexibility in the damaged areas of our bodies. We may also become more negative and rigid mentally, and more fearful or angry emotionally, especially when something happens that reminds us of this trauma from the past. We are apt to overreact to our daily stresses because of those earlier similar memories we are still dealing with. We tend to feel less safe emotionally, which can lead to the self-defensive behavior patterns of fight (belligerence) or flight (withdrawal).

Soon a host of symptoms can start to appear. The major ones are listed. We are witnessing here the overlapping interplay between the physical,

the emotional, and the mental parts of ourselves and how damage can cross over. Addressing this holistically through the power of breathing can activate the healing process.

So back to our dented bottle. We blow into it and some of the dents will pop out. Blow again and more will come out. The bottle can eventually return to its original shape. In the body, we call that original form our *energetic blueprint*. Could it be that easy? Well, almost!

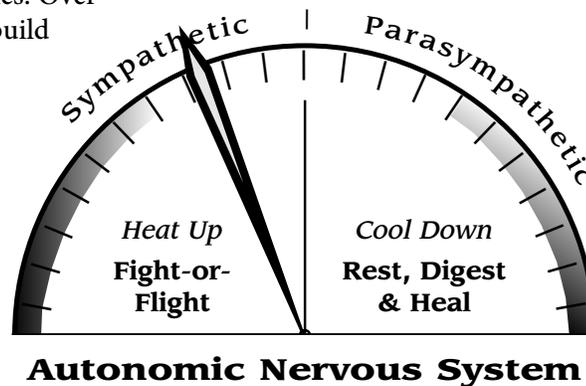
### CONSCIOUS BREATHING HEALS!

The breath is the doorway to the healing of the imbalance in the autonomic nervous system and all the bodily functions it governs. When we use specific regenerative breathing techniques and engage in consciously expanding our shut-down or imbalanced breathing patterns, we are pushing against those dents—taking our bodies on a trip to the “body shop.” We start the process of oxygenation and detoxification at a cellular level. This allows our bodies to clear away stored memories of distress and trauma. This can result in the balancing of the respiratory, nervous, and endocrine systems—in fact, all of our systems. It works and it feels great! Most people who come to our seminars feel more de-stressed and at peace than they've felt in a long time.

There are many methods we can use to naturally resolve the past and heal our bodies, our minds, and our emotions. People are catching on to the fact that suppression of symptoms through drugs, whether medical or recreational, is a lose/lose equation.

This doesn't solve the core problem, and it often creates more problems of its own. Breathwork is a safe, fun, and natural alternative.

**A BETTER SEX LIFE.** Sex that is enjoyable and relaxed is only possible when that gauge governing the sympathetic and the parasympathetic is resting comfortably in the middle and free to toggle back and forth as needed. Working



simultaneously, both these systems are responsible for sexual arousal and orgasm. If the dial is too far off in one direction, either temporarily or chronically, you are either too stressed (over-amped) or too relaxed (disinterested) for sex.

**“OK, I’M SOLD. SO WHAT DO I DO?”**

Even slowing down and paying attention to your breath will advance you in the direction of a balanced nervous system. Find a time when you can sit down, preferably in fresh air, for some good breathing. Close your eyes and still yourself. For this cleansing type of breath, we do mouth breathing, although most normal breathing will be through the nose.

After a good exhalation, fill yourself with air starting with the lower abdomen. Allow the sides and lower back to expand also. After you are nice and full down below, let your ribs expand outward, but try not to lift your ribs upward with your shoulder and neck muscles. Don’t hold your breath at the top. Just let it go freely and easily—like a wave crashing on the shore and spilling the momentum it has gathered. Your breath and your spine will make such a wave as you

breathe this way. Feel your body relaxing totally on the exhale. No need to push out with force or purse the lips and blow with a “Whoooo” sound. The sound should be “Haaaaww” passing through an open throat and a relaxed jaw. If it feels natural, allow yourself to pause at the bottom of the exhale. As you empty your lungs, relax; then the vacuum will be filled again with the next in-breath.

If you are stressed, agitated, or upset (over-active sympathetic) you can modify this full breathing technique to calm down and get back

into balance by simply slowing down on the exhale. Breathe in for a count of four and breathe out for a count of eight. Keep it gentle, deep, rhythmic and smooth, with no pauses at the top or bottom of the breath. You can do ten or twenty breaths, or until you feel the difference. Over time, through this simple self-healing technique, you can make good progress even with some of the symptoms described earlier.

Stress and trauma are often unavoidable in our modern world, but we can give our body the parasympathetic buffer zone it needs to handle things better. And we can do the work to clear away our backlog of past distress. The breath

should become your best ally to accomplish this. In the safe environment of our seminars we do a more powerful, in-depth conscious breathing session under the guidance of trained breathwork facilitators. We lie down and breathe for about an hour with more-than-usual volume and intensity. Don’t try this at home until you are well experienced with it, but you can safely do twenty-minute

sessions on your own with good results.

The oxygenation of cells and the renewed energy flow achieved through in-depth breathwork trigger the body’s self-cleansing and repair mechanisms in a very pleasant and powerful way. Even one session can produce results that are real and remarkable. In later sessions, we can more actively direct the breath to specific areas of need in the body and can combine breathwork with other holistic therapies. Good breathing is so central to every part of our lives. Enter into regular breathwork and you will transform your health and your life—guaranteed! ■

**F**ight-or-flight only? Michael Grant White likes to add these additional catchphrases to the two famous words that describe the action of the Sympathetic Nervous System (SNS). His full list is: ***Fight, Flight, Freeze, Fake it, Stumble, Mumble, or Fun!*** Freezing is akin to “playing possum” or too scared to move.

Mike adds, “Fun is anything from snickering to guffaws, to high-adrenaline sports like skiing. It stimulates the SNS, but is naturally balanced with an adequate parasympathetic response (PNS). Anxiety drugs lessen the SNS, but they can diminish the fun aspects and tend to numb us out. To maintain healthy fun, we need to strengthen the PNS, and then the SNS naturally backs off without hindering its healthy aspects.”

# How Nature's Purest Elements Can Heal You!

This book balances the straightforward and practical aspects of breathing with the mystical and esoteric aspects—a fantastic contribution to the art and science of conscious breathing. I heartily recommend it to all health practitioners and breathing enthusiasts, to all students, clients, friends, and anyone interested in natural healing.

—Dan Brulé, author  
of *Just Breathe!*

Denis breathes new life into something everyone does but could do better. His how-to tips for better breathing provide greater vitality for healthier living and aging. He brings together the new science of energy medicine with what the ancients already knew and practiced—self-healing through the powers of nature.

—John C. Ledbetter,  
CEO, Nyvatex Corp.

I'm speechless! This awesome book portrays breathwork in its original purity. It gives vital training to help you take charge of your own healing.

—John Meneghini, creator of *The Healing Art of Conscious Breathing CD*

**Integral Breathwork™ is a new world paradigm!**

—Michael Grant White, [Breathing.com](http://Breathing.com)



**Denis Ouellette**, BA, BS, LMT, OBDS, trained with breathwork pioneers in the 1970s and is a certified Optimum Breathing Development® Specialist. A core faculty member at Michael Grant White's Optimal Breathing School, Denis has facilitated thousands of breathwork sessions and conducts ongoing **Integral Breathwork™ Seminars—the complete matrix for which is contained here.** He practices breathwork and bodywork in Livingston, Montana, north of Yellowstone Park, where he lives with his wife, Jill. He was grown twin daughters. He publishes *Natural Life News & Directory*, a natural-health magazine distributed throughout the West.

Originally published in 1982, this updated and greatly expanded **2019 Third Edition** contains new material on breathing physiology, **astounding stories**, and a wealth of tools for self-healing and well-being.

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ISBN 978-1-7339053-0-5  
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