



## Description of Unlimited Breath Sessions

Unlimited Breath sessions begin with a consultation. In the first session I will explain more of the philosophy, history and techniques of Unlimited Breath and answer any questions you may have. We will explore what you want to accomplish and arrive at an agreement on the number of sessions and the cost. Next, I will generally begin an organized interview process. This is designed to help me learn more about your history and help you discover unknown patterns that may be limiting you in accomplishing your goals. After the interview/discussion section I will teach you the Five Breathing Basics of Unlimited Breath and describe some of the more common experiences people have.

Now you are ready to begin the breathing section of the session. It usually lasts from forty-five minutes to one hour and fifteen minutes. During this time you will lie down fully clothed, except for your shoes, on a comfortable pad or massage table to be coached through a breathing cycle. I will describe some of the common experiences people have such as dizziness, tingling, dry mouth and bliss, as well as how to handle these experiences.

When the breathing cycle is complete there will be a period of discussion about any of the experiences you encountered and any insights gained. I will then give you homework to work on before the next session, and we will finish by scheduling the date and time of the next session.

For the first-time client of Unlimited Breath there is a set program of ten sessions. It is structured this way for several reasons. First, studies have shown that real, permanent change is accomplished through a process of repetition and reinforcement. Even if limitations and misunderstandings are released or corrected in a single session there is often habit behavior accumulated over the years that must be identified and changed. Without addressing these habits and integrating the new learning, you can find yourself recreating old problems.

A second reason for ten sessions is that there is a cumulative effect of the breathing and the familiarity you will have with me. Since most of us sub ventilate (breathe less than is optimal) most of the time, it can take a while to learn the breathing process correctly and as we do we access deeper and deeper material. In addition, I get to know and understand you better so that I can see patterns that limit you. These are often not readily apparent in the beginning, and as we work together as a team, you develop a trust and synergy that allows you to discover more.

Third, in Unlimited Breath you are learning a process and becoming more aware of yourself. In this teaching and discovery you are learning how to better consciously

create the results you want in your life. Part of this involves a period of practice. As you implement new behaviors, you will receive feedback from your everyday life. Understanding this feedback and adjusting for it is an integral part of the Unlimited Breath experience.

Fourth, ten sessions is also the recommended place when you change to a female practitioner. Unlimited Breath is committed to supporting you in your own empowerment. It is not in your best interest to develop a dependency on any practitioner. This does not mean that you cannot ever come back for future support but rather that it is better for you to establish yourself more as your own "guru". This is most easily accomplished by experiencing different practitioners. If we are doing a series of twenty sessions alternating between Unlimited Breath and Unlimited Body then this change over will occur at the end of the twentieth session.

Unlimited Breath is very effective at uncovering and releasing subconscious material, built up over a lifetime, which inhibits you from achieving your full potential. Often this material is connected to unresolved issues with your mother and father. By working with male and female practitioners we actually more efficiently key in to these issues because we subconsciously tend to activate father issues in the presence of a man and mother issues in the presence of a woman.

After having completed your ten sessions with two practitioners, you will know the breathing technique well and will be able to use the technique on your own. This can be very helpful in keeping yourself balanced in daily life. You will probably still want to take individual sessions from time to time with any practitioner of your choice to help you uncover and release other blocks that get in your way. It is often difficult to be objective with ourselves and very hard to see your blind spots without professional support.

## **One Man's First Session**

My day for starting Unlimited Breath was some time ago. As a person who had done some personal exploratory work before, I wasn't too scared of what might happen. I thought it would be more of the same, letting go of old traumas and confronting unknown fears. I figured if I get down to that level through something as simple as breathing it would be worth it.

I was a little nervous of what I might "do" under the spell of this particular breathing technique. Would I scream? Cry? Ruin my image somehow? And by the way, how would I feel? I was curious to find out.

My Unlimited Breath practitioner greeted me at the door with a smile. We walked back to her office which was simple but comfortable and housed a small desk and a single massage table.

In the beginning of the session she educated me about Unlimited Breath and we talked in an informal, relaxed manner. I felt safe to open up and understand myself. With the experience of the practitioner I observed the connection between my beliefs and my experiences. First we talked about my experiences, problems and goals. We discussed the inner programs that I had learned from my birth, childhood, and family patterns -- programs that I have in my mind affecting me now. She explained how we would explore memories with the understanding that they are only past decisions that can be changed in present time. She showed me that this was the door I needed to open to come to my real freedom and happiness.

After some talking I was ready to lie down to do some "Natural Breathing."

She taught me how to breathe through what is called the "Five Breathing Basics". I shed my shoes and lay down on the table, feeling awkward, foolish and vulnerable. With full support and guidance I began to breathe. My practitioner told me that whatever I experienced wasn't really important.

She asked me to speed up the breathing, but I didn't want to. Speeding up felt like hyperventilating. I wanted to breathe slowly and deeply. My practitioner explained that the Natural Breath is breathing to the top of the lungs, not into the belly. This was not exactly shallow, but certainly not the prana breath I had learned in Yoga.

So I sped up my breathing slightly and tried to expand to the top of my lungs with each breath.

"Good, you are a natural," I heard. I had my eyes closed. Then I drifted. I would suddenly become conscious of almost going to sleep, then pull myself back into the sustained continuous breathing. Sometimes my practitioner reminded me to breathe; sometimes I did it on my own. I was deeply aware of breathing and I could hear my practitioner's voice perfectly well, but I was not thinking. I wasn't doing anything.

Then I noticed I felt cold. I didn't say anything about it, but my practitioner seemed to know and laid a blanket over me. I was lying on my back. My practitioner was sitting on a chair next to me.

I don't know how much time went by. The next thing I remember was a peculiar tingling sensation in my hands, as if they were going asleep. Then the tingling intensified; the pins and needles pricked my hands faster and faster, closer and closer together. The feeling began to spread up my arms, past my wrists, and I also began to feel it in my feet. I concentrated on my breathing. I was a little scared. And then I became aware of feeling younger and younger, as if I was speeding back through time I felt like a child. At the same time I felt my body tingling. I identified some vague feelings of sadness, loneliness, and grief. Besides the tingling, I felt waves of heat and cold rolling up my body from my feet.

I began to cry. It wasn't exactly that the sensations were too much. I wasn't connecting my feelings with any event. I just felt them and let them happen.

The end of the session was a time of relaxation and integration of the experience. I lay peacefully with my eyes closed, floating in a warm gentle sea of feeling, and breathing quietly. My body luxuriated in a deep relaxation. I opened my eyes and smiled at her. I tried to raise myself up to sit on the massage table. I instantly got lightheaded. I settled for resting on one elbow.

I felt terrific. I was totally relaxed. I felt peaceful, calm, and real hungry. I was also proud of myself. I felt optimism about life, an excitement almost, that I stumbled upon only rarely.

When I was able, I sat and then stood up. My body stayed relaxed, but the lightheaded feeling was gone. I felt happy but not bouncy, just calm.

The next few days flowed effortlessly. I felt relaxed calm and happy. I was willing to roll with whatever life served up. I was eager to live

If you would like to learn more about how Unlimited Breath can help you,  
Call Jon Royal (515) 244-8535.