

What is Clarity Breathwork?

Clarity Breathwork (formerly known as 'Rebirthing') is a powerful process of healing and transformation. It supports the clearing away of old energies, patterns, conditioning, negative thoughts and emotions, and opens the doors wide for new life and greater awareness.

Most of us don't breathe fully. We hold back the breath and have been doing so most of our lives. This has likely created unhealthy breathing patterns which have accumulated over time, affecting our overall health and well-being. When we begin to breathe fully and consciously, we are naturally able to release what we have been holding onto that is no longer serving us. This creates an opening for an incredible expansion of consciousness, including greater compassion, forgiveness, and self-love. The inner changes that take place during the breathwork correspondingly bring forth shifts in our outer lives for the better.

Clarity Breathwork combines a client-centred dialogue process, as well a somatic experiential process. The breath is used as a tool to help activate the subconscious mind and reveal awareness and intuitive insights that are not regularly accessed through traditional therapy. Energy channels in the body are opened, which allows what we have been suppressing to be released. This may include emotional material, physical energetic blocks in the body, belief structures and identifications, old memories, fight/flight/freeze patterns, and addictions. You will have the ability to communicate more clearly through the body on a deep, cellular level, while simultaneously deepening your insight and intuition through the mind.

When we come to a safe and present space through the breath, we give ourselves an opportunity to let go and surrender to what is. All of the pain and suffering that we have been holding onto wants to be acknowledged and released. Every system that we are made up of is constantly working with us to cultivate integration and harmony, and therefore the healing happens naturally when we create this space for it.

In your session, we will take a holistic look at your life from the time of conception to the present moment. Together, we will create an intimate and open-ended dialog which will support the breathwork and beyond. Then the breathing will begin! I will be guiding you through an ancient practice of conscious, circular, connected breathing that has been used in cultures all around the world for thousands of years for healing and attaining higher states of consciousness. Whatever is revealed in the present moment (physically, emotionally, mentally, spiritually, and energetically) supports richness in relationship to the bigger picture or the macro view of your life. This method is completely safe and gentle, and will last for approximately one hour. There will be time afterwards to share, process, and integrate your experience.