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# BREATHWAVE GUIDE



**Preparation and Integration for Your  
Breathwave Experience**



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# Hi! My name is Geneen

## Welcome to your Breathwave Guide



My hope is that through the power of breath, you **find your way home to yourself.**

I invite you to use this guide to explore the **profound connection** within your breath.

As your facilitator, my intention is to **support and guide** you in accessing **deeper dimensions** of yourself.

This journey calls for bravery—the courage to truly see yourself, to face your shadows, and to **stay open to the process.**

The work we do within ourselves is the very **change that ripples** out into the world.

The more **whole and complete** we become, the better it is for humanity and our beloved Mother Earth.

Welcome to this path of **awareness, healing and transformation.**

## Let's begin this sacred journey together...



# WHAT IS BREATHWAVE

## A Powerfully Gentle Approach to Conscious Connected Breathing

Breathwave is a gentle yet transformative practice that balances your mind and body, calms your nervous system, and unlocks your inner potential.

By allowing your breath to flow effortlessly—without force or pause—it creates pathways to deep relaxation, release, and alignment.

Breathwave involves breathing in and out through your mouth with:

- An active, intentional inhale
- A surrendered, relaxed exhale
- No pausing at the top or bottom of the breath





# WHY BREATHE?

Here are some of the benefits

## **Mental**

- Connecting breaths raises your vibrational frequency, clearing low-vibrational thoughts and emotional trauma.
- Opens higher awareness and activates full brain potential.

## **Physical**

- Activates the parasympathetic nervous system
- Enhances oxygen delivery and circulation for cellular health.
- Lowers cortisol levels to reduce stress and support hormonal balance.
- Improves lymphatic flow for detoxification through diaphragm movement.

## **Emotional**

- Bodily imbalance often stems from self-limiting thoughts and inherited beliefs.
- Connected breathing clears subconscious emotional patterns.

## **Energetic**

- Inhales recharge cells with source energy; exhales release stress and cleanse the energy field.
- Consistent practice boosts frequency, improving sleep, regeneration, and energy.





# THE JOURNEY OF HEALING THROUGH BREATH

*"Breath is the bridge between our body and spirit;  
it's where transformation begins."*

– Robin Clements, Founder of Breathwave  
[www.breathwave.net](http://www.breathwave.net)

Healing isn't always filled with love and light, but love and light find their way in along the journey.

By practicing conscious connected breathing, you can achieve peace, vibrant health, and a deeper connection to your true self.







# WHAT YOU MAY EXPERIENCE

- **Emotional Release:** Outbursts of crying, laughter, or anger as emotions surface.
- **Physical and Energetic Sensations:** Tingling, vibrations, muscle tightness, or energy shifts in the body.
- **Euphoria and Gratitude:** Deep joy, love, unity, or appreciation for life and relationships.
- **Spiritual Awakening:** Connection to the divine, your higher self, or profound insights.
- **Inner Challenges and Memories:** Facing fears, confronting deep-seated issues, or recalling vivid memories.
- **Deep Calm:** A peaceful stillness and sense of grounding or meditative detachment.



These experiences vary greatly and depend on the individual, their current emotional state, and their openness to the process.



Most of us only use a fraction of our breath's full potential.







# SIGN UP!

## Ensuring Organization for a Safe and Transformative Experience

- **Intake Form:** Advises practitioners of your current medical and mental state, including medications, to provide the best support possible.
- **Self-Responsibility Form:** Acknowledges your active role and commitment to your own healing journey.
- **Returning Clients:** Will be asked to fill out a shorter intake form to update any changes in their medical or mental state, but the self-responsibility form will not need to be re-signed.





# PREPARING FOR YOUR SESSION

- **Wear Comfortable Clothing:** Choose loose clothing for easy, relaxed breathing. Bring layers if you tend to get cold.
- **Set an Intention:** Reflect on your goals—emotional release, clarity, or relaxation.
- **Turn Off Your Phone:** Turn off devices and minimize distractions upon arrival.
- **Avoid Intoxicants:** Refrain from tobacco, caffeine, and substances on the day. We recommend abstaining from alcohol or drugs 48 hours prior for clear, grounded energy.

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## WHAT TO BRING

- **Water Bottle:** To stay hydrated before and after the session.
- **Journal and Pen:** To jot down any insights or reflections after the session.
- **Eye Mask:** If you prefer blocking out light to focus more deeply on the practice.
- **Yoga Mat + Props:** Bring a mat, blanket, pillow, and any support tools you need.







# THE ALTAR

An altar is an intentional space serving as a focal point for offering gratitude and grounding within your spiritual practice.

## Approaching the Altar

**Placing Items:** The altar amplifies the energy of meaningful items, serving as a reminder of your journey. Place a personal item, like a crystal, photo, or jewelry, to reflect your inner strength or set an intention.

**Taking Items Away:** Take your item back at the end of the session, now “charged” with energy as a reminder of your journey.

## Etiquette

**Ask Before Taking Photos:** Always get permission before taking photos out of respect for the shared space.

**Respect the Space:** Approach the altar and its surroundings with mindfulness and care, honoring the shared energy.



# 1:1 SESSIONS

This personalized 1:1 Breathwave session is designed to focus entirely on your unique intention, unlocking your purposeful power and potential.

Over the course of 2 hour session, I will gently guide you through a deep 1 hr breathing journey.

This 1:1 session is a space for profound self-reflection and empowerment.

You will gain clarity, reconnect with your higher self, and encourage you to find the answers you've been seeking.

- **Introduction and Intention Setting:** Personal connection and intentionsetting
- **Guided Breathing Practice:** Focused practice of your Breathwave flow before starting our 1 hr of Breathing
- **Hands-On Support:** With permission, gentle guidance to release energy
- **Integration Phase:** Time for reflection and post-session discussion





# GROUP CEREMONIES

## 2.5 Hours of Purposeful Transformation

Breathwave group ceremonies amplify transformation through shared collective energy.

While participants can connect with others through intention setting and active listening, the experience is deeply personal, yet enhanced by the supportive environment.

The shared energy can deepen emotional release, foster insights from diverse perspectives, and create a sense of community, all while allowing you to align with your higher self and regulate your nervous system.

This unique group dynamic adds richness to the journey, making the practice even more potent.





# GROUP CEREMONIES

## A GENERAL OUTLINE OF THE FLOW

### **1. Arrive Early**

The ceremony begins when everyone is present. If late, enter very quietly and find a spot.

### **2. Smudging Ceremony**

You will be smudged to cleanse and ground. If smudged upon entering, place your bags down, open your arms, and release your day and start fresh.

### **3. Set Up Your Space**

Roll out your mat and settle in for the 30-minute opening circle.

### **4. Opening Circle**

Learn about Breathwave and set an intention for your journey.

### **5. Breathwave Translation**

Facilitators will demonstrate the breathing technique for you to observe.

### **6. Break**

Time to use the bathroom and transition into ceremony.

### **7. Movement**

A brief movement exercise will help activate your body before breathing.

### **8. The Breathwork Journey**

Lie down and get comfortable. Most begin on their backs, but you can adjust positions during the 1-hour session to suit your needs.

### **9. Sharing**

Sit up and re-join the circle. Sharing is encouraged for processing, but is always optional.

### **10. Closing and Support**

We'll share upcoming events and remind you facilitators are available for ongoing support.



# GROUP CEREMONIES

## CREATING A SUPPORTIVE EXPERIENCE FOR YOUR UNIQUE NEEDS



If you're **sensitive to external sounds** like loud toning or screaming, consider bringing soft earplugs to help you stay focused and grounded.

For those who are **highly empathetic** and may feel triggered by heightened emotions, remember it's not your role to regulate others' experiences.

If you're ready to **process deep anger** but feel you need additional tools to do so safely in a group setting, please connect with me before the ceremony.

We encourage you to **advocate for your needs** throughout the session. If you're uncomfortable with physical touch, crossing your arms is a simple way to signal decline, or you can raise your hand if you need additional support. During the opening circle, you will also have the opportunity to share your preferences, including whether you are comfortable with male or female hands-on facilitation or none at all.

If any of these situations apply to you feel free to discuss whether starting with a one-on-one session might provide a more supportive and personalized environment to ease into the practice.



# POST CEREMONY RECOMMENDATIONS

**Hydrate + Rest:** Allow yourself time to rest and relax, drink plenty of water.

**Journal:** Write down any thoughts, emotions, or insights that came up during the ceremony to help process and reflect on the experience.

**Nourish Your Body:** Eat a healthy, grounding meal or snack to replenish your energy and support physical integration.

**Gentle Movement:** Consider light stretching, yoga, or a walk in nature to reconnect with your body and stay grounded.

**Avoid Overstimulation:** Limit exposure to screens, loud noises, or stressful environments to maintain the calm and clarity gained during the session.

**Connect:** Share your experience with a trusted friend, facilitator, or group member if it feels supportive to do so.

**Be Patient:** Integration is a process. Emotions or insights may continue to arise in the days following. Don't hesitate to contact a facilitator or trusted support person.





# GENEEN'S CONTACT INFO | CO-FACILITATORS



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