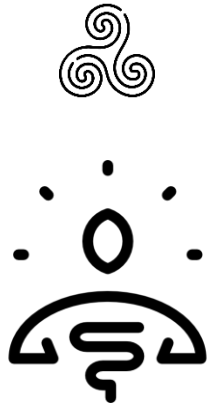


READ BEFORE BREATHING

BREATHWORK 101 & BEST PRACTICES





“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”
— *Thich Nhat Hang*

>WELCOME<

Welcome Pulmonaut and thank you for obtaining/accessing/engaging in this guided Breathwork meditation. This document serves as a general overview of how to maximize your Pulmonautika experience by discussing the dynamics, what to expect, and how to immerse yourself even further into the moment.

Pulmonautika, in its purest form, is a continual process of self-discovery by utilizing the breath as the main vehicle for personal and transpersonal exploration. A Pulmonaut is someone who focuses their awareness by establishing an acute connection with their own breath, observing the intricate dance between conscious and unconscious internal processes.

Your Journey Begins with a single breath...

inspira – expira – prisma





>>Best Practices<<



ALWAYS LISTEN TO YOUR BODY ABOVE ANYONE ELSE – YOU KNOW YOURSELF THE BEST!

Breathe on an empty stomach

If you are going to engage in a prolonged breathwork session, it is advisable not to eat anything heavily for at least up to two hours prior to breathing. If your stomach is digesting food, it will require a higher demand for blood, which will interfere with the Breathwork experience. You may feel a strong discomfort in your stomach, getting winded rather quickly and incapable of sustaining breath holds for too long.

Additionally, you also don't want to be doing breathwork on a completely empty stomach. Eating something light an hour or two before the time, when you aren't hungry but feel like you have an empty stomach – is the optimal way for breathing. However, some people do engage with certain types of Breathwork while fasting. Nonetheless, it's always important to listen to your body.

Posturing

Pulmonautika meditations can be done sitting, lying flat on your back, or in some cases even walking. Depending on the type of meditation, the accompanying description page will recommend the best approach.

Prepare your space before the time

The *unconsciousness is capable of great things*. However, as a survival mechanism, your consciousness will not push itself or allow the unconscious to take full control if the room or area where you are breathing is not secure. By secure, we refer to a place where you **feel comfortable and safe**, and where you know you **will not be interrupted or judged by anyone else**.

Ideally, you would want to Have The Liberty to shout, cry, or laugh as your unconscious dictates. However, in many cases, this is not possible so as a minimum requirement you would like to have a space where you would not be interrupted by anyone or anything else.





You can increase the effectiveness of your setting by imbuing the space with intention. For example, cleaning the room with sage as a metaphorical banishing of “bad vibes” or spirits and cleansing the area for deeper and more significant work.

Use anything that allows you to feel that the area where you are breathing is in some sense or another “*hallowed ground*”.

This way your unconscious mind can adapt and unleash the infinite wonders inside you.

Use headphones – wireless if possible

These somatic meditation experiences have a rich Sonic tapestry and can only be fully appreciated by wearing headphones. While headphones aren't exclusively a requirement, using an exterior speaker will render the presence of binaural beats useless. Unless you can place yourself in the center of two speakers capturing stereo sound.

For optimal sensory experience, wireless headphones are recommended. This allows the user room to move their arms freely and even move around if so required.

Have a bottle of water on hand

Since you will be breathing for a prolonged period the odds of you getting thirsty or having dry mouth is extremely high. Having some water around quickly hydrate your mouth can ensure that you take shorter breaks in between breathwork patterns.

Go to the bathroom before the time

It's best to do breathwork on an empty bladder for obvious reasons.





>>>Potential Side Effects<<<



WHEN ENGAGING IN PROLONGED BREATHWORK EXERCISES THERE ARE SEVERAL PHYSIOLOGICAL RESPONSES THAT MAY OCCUR. **BREATHWORK HAS BEEN UTILIZED FOR THOUSANDS OF YEARS AND IS CONSIDERED A SAFE THERAPEUTIC PRACTICE** BY MOST HEALTH WORK ORGANIZATIONS AROUND THE WORLD.

NONETHELESS, THERE ARE A FEW PHYSIOLOGICAL RESPONSES THAT COULD OCCUR DURING YOUR BREATHWORK SESSION. IT IS IMPORTANT TO KNOW THESE POTENTIAL RESPONSES BEFOREHAND TO BE PROPERLY PREPARED FOR IF IT HAPPENS. IN MOST OF THE CASES, SIMPLY STOPPING THE BREATHWORK PATTERN WOULD STOP THE POTENTIAL SIDE EFFECTS.

Tetany:

Tetany or "Lobster hands" is generally considered to result from exceptionally low calcium levels in the blood, however breathwork may also induce temporary tetany.

However, tetany as a result from breathwork is due to the drop of CO₂ levels and Fortunately, by changing your exhalations you can reduce the symptoms.

In the case that you experienced tetany, simply slow down you're breathing for a few breaths and make sure your exhale is passive.

A passive exhalation simply means, letting the breath go without any force or muscular tension. If the tetany gets too severe, simply relax for a few minutes breathe normally while relaxing completely.

Once the symptoms have passed simply, reconnect with the breath knowing that you can control these symptoms at will.

Strong emotional release

While this may be a symptom that many people seek out when doing breathwork it should be mentioned as a potential side effect for those who are unaware.

Holistic breathwork follows a prolonged, even breathe pattern that may induce respiratory alkalosis.





The alteration of gases within your body reduces oxygen to the brain and other parts of the body due to a lack of carbon dioxide within the blood.

These processes can shift your consciousness into non-ordinary states. These may manifest in a wide number of ways including regressions to one's birth, living past lives, or experiencing extra censored transpersonal occurrences. In the case of feeling overwhelmed, simply stop the exercise and [engage with Box Breathing](#) to activate with the parasympathetic nervous system and reduce the stress.

Tinnitus

Tinnitus is the perception of sound when no corresponding external sound is present. Nearly everyone will experience a faint "normal tinnitus" in a completely quiet room but it is only of concern if it is bothersome or interferes with normal hearing or correlated with other problems.

Some people who practice Tummo Breathing (commonly referred to as Wim Hof Method) have reported tinnitus as a side effect of the practice.

Yawning is one of the most effective remedies for tinnitus, but when yawning and swallowing does not work, you can do the steps below:

Clench your nostrils, holding your breath

Inhale a lot of air into your mouth

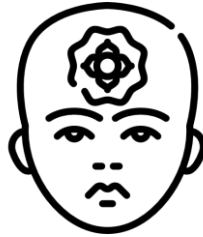
You use the throat and cheek muscles to push air into the back of the nose, just as you are trying to push the two fingers that are covering the nose. When doing this method you should not blow too strong but just blowing using cheeks using throat and cheek muscle to blow the air.

Following this remedy can help you overcome tinnitus. Here's a video you can access to [help you induce a Mega Yawn](#).





>>>>Who should NOT practice breathwork<<<<



While breathwork is safe for most people there are certain conditions where breathwork may excite symptoms

For example, pregnant women should not engage with holistic breathwork. Pregnant women may do slow breathing exercises for short periods of time, but more intense breathwork patterns may adversely affect you develop a child since you would be depriving the fetus of oxygen.

Holistic breathwork may produce strong physical and emotional releases and therefore if you have a history of suffering from any of the following conditions, *please talk to your physician before attempting any breathwork.*

- Cardiovascular diseases
- Pregnant Women
- Angina
- Heart attacks
- High blood pressure
- Glaucoma
- Retinal detachment
- Osteoporosis
- Recent injuries or surgery
- Severe mental illness
- Seizure disorders
- The family history of aneurysms

As mentioned, if you are in decent shape and normal health then in most cases breathwork is completely safe.

We believe that it is important to let people know before the time about any potential side effects so that they can be prepared and react properly.





>>>>>How to take *538.2 Million Meaningful Breaths*<<<<<



The average life expectancy between both sexes is 73.2 years. The average adult takes roughly 7.35 million breaths per year. This means that every human being has roughly 538.2 million breaths, which mark the evolution of their lives, consciousness and spiritual development.

By becoming mindful of the breath you begin to attune your awareness, locking it to the oscillations of the lungs. Knowing that the breath is directly connected to your emotional states – when you notice that your breath is “off” you can easily correct it to bring you back to a more resourceful state.

We don't know for sure how many breaths each and every one of us will take while experiencing this unique and sometimes frightening thing called life – but we can focus on choosing the moments that tether us to a higher purpose...

A Pulmonaut is someone who utilizes the breath as a main vehicle for psycho-spiritual development. Understanding that breathing is both a conscious and unconscious activity – by becoming acutely familiar with the processes we gain unique insight into our internal automation.

While the average person might only have 538.2 million breaths, the Pulmonaut engages with regular breathwork and meditation activities that not only increases this number, but also the quality of each breath.

While you'll never know how many breaths you have – Pulmonautika invites you to utilize its vast array of free and premium resources to take your breathwork experience to the next level.

If you've been going through life on auto-pilot...this text right here is your call to taking manual control of your life and to embrace a new way of engaging with the world – both internal and external.

“There is a community of the spirit. Join it, and feel the delight of walking in the noisy street and being the noise. Drink all your passion, and be a disgrace. Close both eyes to see with the other eye”

— Rumi





>>>>>>**Good Luck on your Breathwork Journey**<<<<<<<



As you prepare for your Pulmonautika Experience, we wish you the best on your journey to the infinite space which is you. If this is your first time breathing, we hope that this experience opens up a new door of possibility in your life and motivates you to join our online communities.

We get together online every Wednesday at 8 PM Central Standard Time as well as Thursdays at 8 PM UTC (UK Time)

You can gain access to the Free Zoom breathwork sessions in either one of the two links below;

[Join the Discord Channel](#)

[Join the Telegram Group](#)

We also have a Reddit channel that is currently in the process of growing, feel free to join and share your experiences there!

[Join the Reddit Channel!](#)

You can also [subscribe to the Youtube Channel](#) for more free breathwork videos.

If you have any questions or comments, feel free to reach out to hello@pulmonautika.com or hit us up on the social channels and we'll get back to you as soon as possible.

Thanks again for breathing with us and may your experience lead you to your best life.

INSPIRA – EXPIRA - PRISMA

