**MODULE 4: CONDUCTING A CONSCIOUS CONNECTED BREATHWORK SESSION**

**LESSON 7: PERINATAL MATRICES**

The opportunity to guide somebody through a session of conscious connected breathing is a true gift and privilege. Each time we breathe with someone we are provided with an opportunity to facilitate a process of returning people to their natural state of wholeness, peace and joy and share in the magic of someone being in this state.

In a session, we can experience our own personal events, we can tap into the collective human consciousness and we can even access the cosmos, and the consciousness of nature: animal, vegetable, and mineral kingdoms.

Any filters, beliefs habits and patterns that disconnect us from our natural peace and bliss state will be reflected in a pattern of breathing that is most likely dysfunctional. Many of the imprinting or conditioning that creates mental, emotional and physical tension patterns surface when we create a high energy state in the session.

As we know, the imprinting of the subconscious mind and tension patterns occur in the following ways:

* Inherited through maternal and paternal DNA
* Womb experiences
* Religious conditioning
* Cultural and social conditional
* Specific life experiences especially those that have occurred in the first 7 years of life.

The power of a conscious connected breathing session is that it unlocks the subconscious mind where all the imprinting resides. As breathing guides, we should to be able to create a safe space to hold anything that surfaces as a result of this imprinting.

In this lesson, we will delve a little deeper into the influence of the prenatal and birth experience on the psyche.

Breathwork awakens us to the unconscious memories of the womb. During times of undisturbed life in the womb, conditions are ideal. However, physical, chemical, biological, emotional and psychological factors can interfere with this ideal state. One can re-experience the different stages of birth and moments in the womb physically, emotionally or symbolically through images.

This is taken from an article by Stan Grof, founder of Holotropic Breathwork on Basic Perinatal Matrices.

**BPM I: From conception to the beginning of birth.**

This matrix is the home of feelings of unity and oneness. Fetus and mother are one, indivisible continuum. This matrix is the source of feelings of cosmic unity or mystical union. We can experience this sense of no boundaries and a feeling of deep reverence and love for all of creation.

**BPM II: The onset of birth and delivery.**

In this stage, chemical changes and then physical contractions disturb the original harmony and bliss of the womb. This is the basis of “no exit terror.” The cervix is not yet dilated, the forces are pushing the child out, but there is nowhere to go! Paranoia is born. Life is turning against them. Heaven is becoming hell. Pleasure is turning into pain. Feelings of helplessness and hopelessness are born.

**BPM III: Second clinical stage of birth.**

In this stage, contractions continue but the cervix is now dilated. The journey through the birth canal begins. The struggle for survival against overpowering, crushing forces, and suffocation begins. The earlier feeling of helplessness and hopelessness are transformed into struggle, control, violence. This matrix forms the basis of human experiences of torture, sadomasochism, etc.

**BPM IV: Third stage of clinical birth: emerging into the world.**

The struggle comes to an end. There is sudden release and relaxation. But emerging from darkness, one faces for the first time the bright lights of the world, and the unfiltered sounds. The umbilical cord, the connection to the mother is cut. It can be an experience of “the end of the world” (life in the womb). The experience of death and rebirth: coming out into the light.

By the very nature of the physical and psychological changes that conscious connected breathing brings about, it seems that the connected breathing alters the physiological processes occurring in the limbic system, allowing us to revise the imprints we have stored there from our earliest experiences, especially birth. It "works" because it allows us to re-institute the state of having the high-oxygen titer of the blood characteristic of the newborn. When this state is re-created, we gain access to our imprints. Using our conscious mind, intelligently aware of the Here and Now, we can access and revise previously inaccessible imprints which have been creating our reality. We can let go old mistaken negative thoughts. We can truly affirm that we are whole and tune with the harmony of the universe.

References:

The Logic of Magical Thought and The Dance of the Breath by Eve Jones Ph. D.

Stan Grof: Basic Perinatal Matrices