

*A Guided Meditation Tutorial*

# **Emotional Breathing**

*Full  
Step  
By  
Step*

**Free  
Meditation  
Mp3  
Included**

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# About

This booklet is written by Kenneth Berentzen. For more information and other ways to transform your experience please visit [www.kenandzen.com](http://www.kenandzen.com). Here you will find videos with deeper insights that will help transform your experience. The information in this book is meant to assist you to experience a very powerful tool using your own breath. The Breathing is with you all the time so why not take advantage of it.

If you have any serious illness please consult with your doctor or physician to make sure that they are ok given your situation. All information in this booklet is based on our own personal experience, so please always follow what feels right to you.

Please share your experience with this breathing meditation at <https://kenandzen.com/testimonial/> .

Happy breathing!

# The Technique

Let's get down to the actual technique that we are talking about here. Like with any therapy it is important that you keep practising to master the technique and experience for yourself the benefits that it brings to your life. I recommend doing this once every day if you have some serious issues you are working on, but always seek assistance from your doctor or health personnel. I do this everyday regardless if I have issues or not to keep my body healthy and energised.

## GETTING STARTED

When you start a session, make sure that you are in a comfortable space, turn off your cell phone and make sure that you will be not disturbed for the duration of the session. To have full effect of the session we recommend to do a breathing session for minimum 1 hour to around 1 hour and 30 min.

## PREPARATIONS

There is not much need for preparations other than making sure that you are left undisturbed so that you can have a good session. Have a blanket and a bottle of water handy. You are getting lots of healing done to your body during the session and the best thing you can do is drink lots of water.

# Breathing Patterns

How you breathe is very important for the effects of this technique. We are here going to introduce some different methods of breathing that will increase the energy flow of the session so that you can best facilitate the intensity of the session yourself. If you at any time feel it is too intense slow your breathing down so that you always feel in control. Remember that you want to be as comfortable as possible. Once you get the hang of the effect of the energy on your body you can start increasing the breath to get more benefit of the energy working on your body.

## BREATHING IN GENERAL

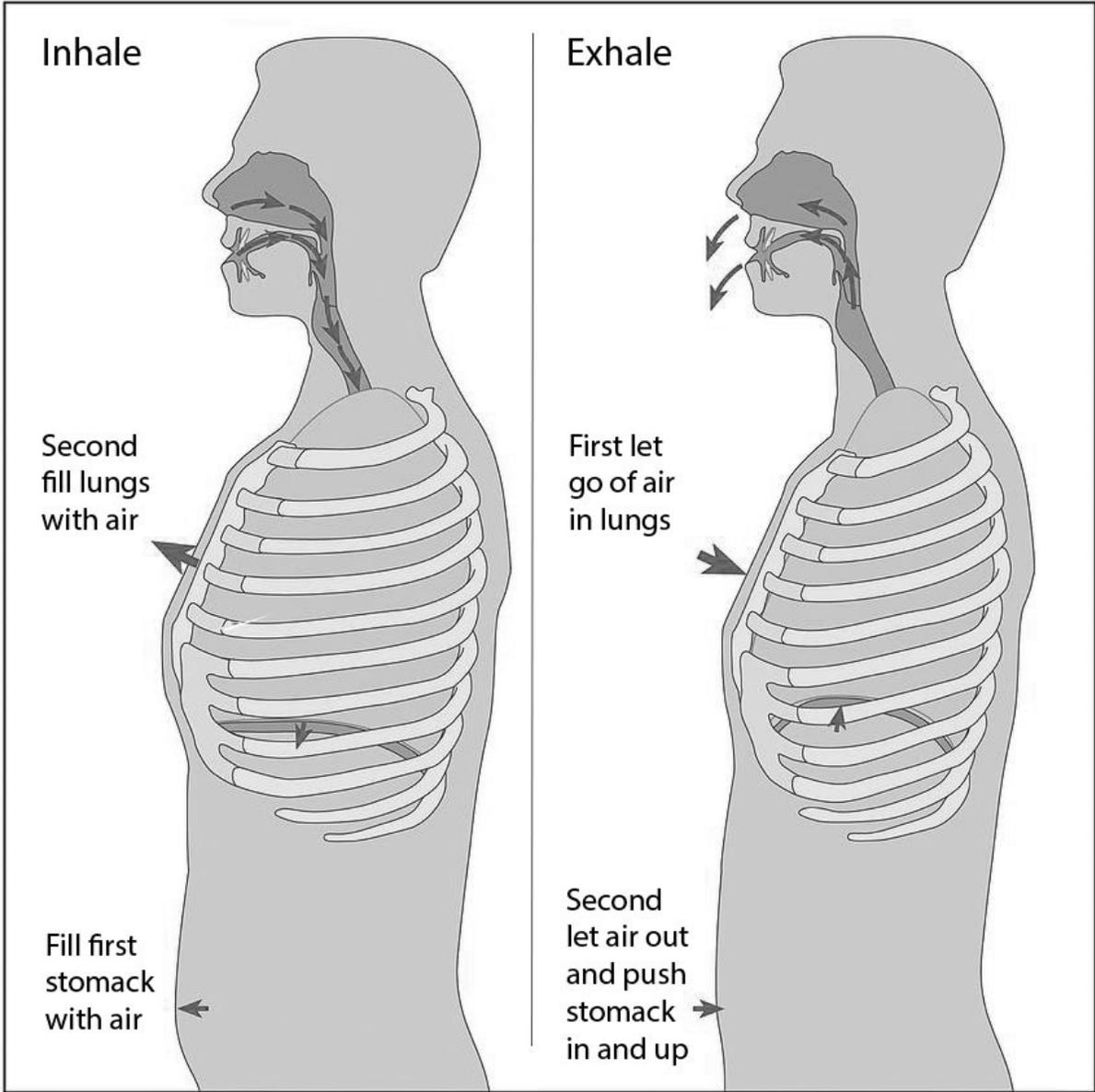
We will introduce some various different breathing patterns below, but all of them base on this general way of breathing. Each Inhale breath should be totally filling first your belly, secondly your lungs and totally emptying them on the exhale in reverse order. Even though I specify steps below I emphasise that the breathing should be done in a continuum flowing motion with no stopping, it should be a perfect flow in and out.

### *Inhale*

Start by filling the lower belly with air, once the lower area is filled you fill the upper lungs with air until they are completely filled up.

### *Exhale*

This is normally done to relax everything, first releasing the top lungs, second the lower stomach and end.



*Illustration: how to do do a full breath.*

## BREATH OF FIRE

This is not to be confused with the Yogic version of Breath Of Fire, which is different. Our version of this breath is used if you feel that you want to intensify the energy flow within a session. Sometimes your normal breathing will be slowing down and the energy circulating within your body will decrease. If you chose to have more energy you can start the Breath Of Fire. I recommend caution with this breathing because of its tremendous power. This breath is very effective for giving your body an energy boost.

The Inhale and Exhale should be one beat for in and one beat for out breath while still emptying and filling belly and lungs completely. Start slow and feel the effect it has on you before you increase your speed, keep the duration of this breath for around no more than 5-10 seconds.

## 1-M BREATH

This pattern is one of the most used within the meditation session. Where you will increase the input of life force energy with the inhale and experience a long output of the energy of the breath within your body.

The pattern of this breathing is an inhale of one beat and out for 4-7 beats. The out beats vary, usually you can start with an out of 7 and when you get comfortable increase the speed so that the out breath will be shorter. The Meditation which should be included with this book will automatically do this for you so you don't have to think much about this.

## 3-1 BREATH

This pattern is also used a lot with other breathing modalities working with the breath. This is a pattern that can be used for enhancing the releasing emotional issues, where the out breath is used to enhance the letting go of things that does not serve us.

Normally the pattern of this breath is 3 beats for the inhale and 1-2 for the exhale. Energy is used for the inhale and at the exhale you release the breath more. Sometimes there will be a few beats before the breathing will start again on the meditations.

## 4-4 BREATH

Either when increasing the energy when starting the meditation or ending the meditation to decrease the energy this breathing can be used.

The breath is normally 4 beats for the inhale and 4 beats for the exhale, but the most important to differ the breath is that the inhale and the exhale is about the same in as out.

# Effects during the session

When doing a breathing meditation there are many things that can happen so please be open to anything from a spiritual experience to healing taking place. We will cover a few things here but we would love to hear about your experience about the practise. So if you have things to share please visit [www.kenandzen.com](http://www.kenandzen.com) to get in touch with us. Here you can both get help and share your experience.

## TINGLING

A very normal thing is a tingling sensation in your body as the energy in the body is getting stronger. This tingling can be from a very small insignificant sensation to almost that your muscles getting tense. It can sometimes almost feel like something else is taking over your body. You should not be afraid of this sensation, since this is where the magic happens. What is happening here is that life force energy is increasing in your body, so everything from healing and intuition is happening with a greater capacity. I personally love this feeling, but if you for some reason feel uncomfortable then simply decrease your breathing and the sensations will gradually decrease.

## TWITCHING

Once the energy starts working on your body you might get twitches to your muscular system witch is a normal state where you know that tension is getting released from your body.

## EMOTIONAL

Another important thing that can happen is that you might get emotional reactions. Sometimes you might burst into either laughter or tears, and you might also get angry. The most important to have in mind is that this is old memory that is presenting itself to be released. Everything you need to do is be present with the emotion and breathe through it. The body will automatically release tension in this state, all kind of tension.

## LIGHTHEADED

A common one is also that you might feel lightheaded or dizzy. It's important that you move slowly and calmly after a session so that you keep yourself on your feet steadily. Your frequency is automatically getting higher when doing this technique

## CRAVINGS

It's also very common to get cravings of one sort or another. This might be your body's way of saying that it really need a substance, but it can also be an addiction that your body is trying to bring to the surface for you to release. The release will normally happen by itself with regularly sessions.

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*2nd Edition*