

Bio

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Title

Breath of Consciousness

Abstract

Breathwork has become increasingly popular in the West next to a variety of techniques that were imported from the Far East. Multiple new spiritual gurus are advocating for the benefits of breathwork, a claim substantiated by numerous studies in the scientific community. The qualities of breathwork due to their mind-altering capacities have however also bordered on the spiritual. The latter, a term used loosely and in a numerous variety of contexts whether traditional or more inclined towards the syncretic religious movement or human potential culture. The alteration of the mind through these techniques, which has in the most extreme cases also included strong hallucinations and mystical experiences has also had an appeal to the public in the West because of its strong phenomenological component. The interpretation of these mind-altering spiritual experiences has often led to adopting perspectives or finding similarities in various systems of belief derived from Asian countries, Tantric Buddhism and Taoism being but one of the examples. In this particular presentation, I will provide an overview of these syncretic and independent systems of belief and interpretations which surround the use of breathwork. What symbolism is used for the interpretation and how it relates to the concepts of healthcare.