

Sacred Breath Ceremony

The Sacred Breath Ceremony is a technique that is used to bring your mind into a sacred space where you can fully experience the Breath of Life that is given to each of us, unconditionally, by the loving Creator. This Ceremony can be done at home alone, or in a group. There are several different techniques that can be incorporated into this Ceremony, but they all have the ability to assist us find calm in the tumultuous world.

The following basic technique for an overview of how the Sacred Breath Ceremony works:

First, find a quiet room or spot in nature where you can relax. The participants can be sitting or lying down.

With each inhalation of air, breathe in fully and deeply, and with each exhalation, release every bit of air that is in the lungs.

Begin with a deep, full breath into your mouth, exhale out of your mouth.

Breathe deeply into your mouth and exhale through your nose.

Then breathe deeply into your nose only exhaling through your nose.

Breathe in through your nose and exhale out your mouth.

Then repeat this process several times until you feel completely relaxed and you are able to become one with your breath. As you breathe you release the tensions and put away the things of the world to experience the Creator's Love and Spirit more fully. Once this is achieved, the participants may breathe normally, as they feel directed by the Spirit.

The Sacred Breath Ceremonies may also incorporate Essential Oils, Prayer Pipe, Sacred Herbs, and so forth.

*There is no Certification for this Ceremony and any Medicine Person that feels called by the Holy Spirit may perform this Ceremony.