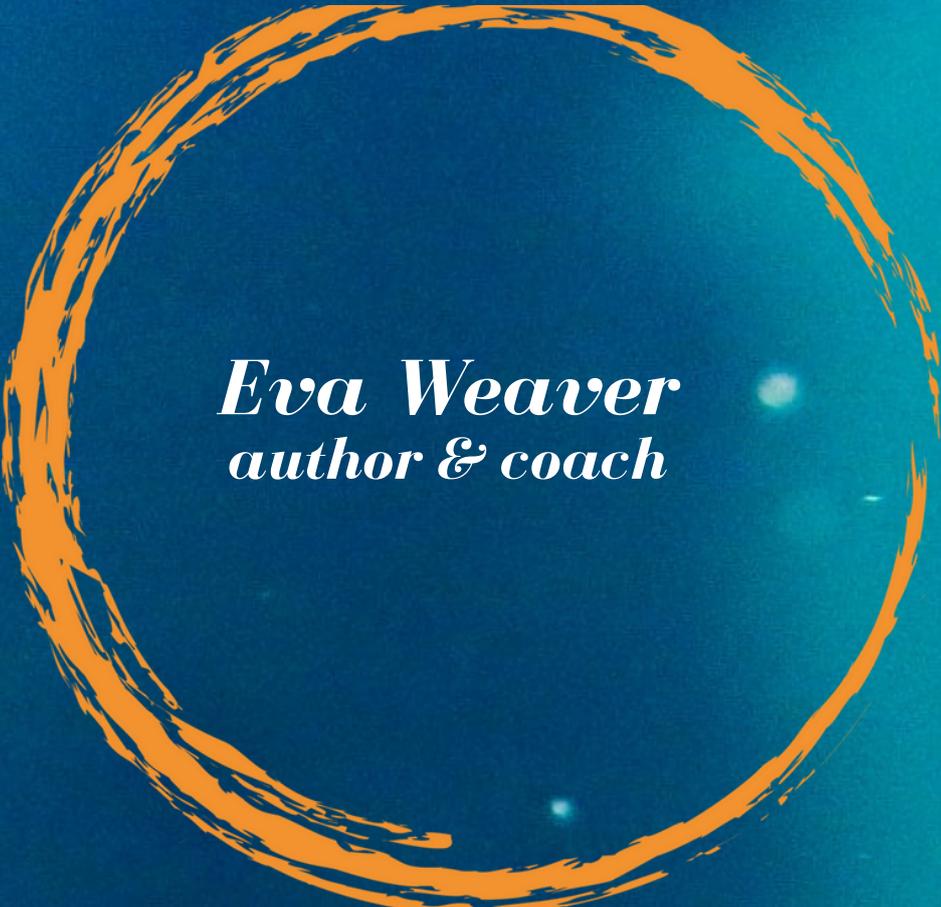


SEVEN
DELICIOUS WAYS THAT
BREATHWORK
CAN SUPPORT WRITERS &
THEIR CREATIONS



Eva Weaver
author & coach

Writing from the Body-
an embodied writing adventure

Welcome,

BREATHE! YOU ARE ALIVE!

This little book evolved from my personal exploration of how breathwork supported me over the years in my creative- and my writing process.

You can read it on its own and it also accompanies my 12-week *Writing from the Body* programme, of which breathwork is an important and integral part. I hope you find some inspiring and juicy thoughts here.

WHY DELICIOUS?

Because when we drop into breath, many delicious things can happen. We can access our aliveness and vitality and our most visceral, potent and original writing.

**You've been writing from your mind,
now write from your body -
and use your breath as your support and guide.**

This is my invitation to you, wherever you find yourself on your writing journey.





Breathe and be inspired!

There is no life without breath- the more we breathe, the more life force and energy we take in.

Conscious breathing has been used for centuries by people from many different cultures for healing, wellbeing and transformation.

It is a very powerful way to increase energy, clarity, release tension and emotions and give power to our intentions.

It is also a potent tool to support us as writers.

We can use breath to ground and anchor ourselves in the present moment and gain focus, to release anxiety, dissolve resistance, find inspiration, concentration, perspective and access the unconscious for rich, visceral and embodied writing.

So, read on...

Here are seven delicious ways breath can support us as writers and our writing....

1 .Breath as Anchor

*In Writing from the Body
we use simple attention to breath to
ground ourselves &
arrive in the present moment.*

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

Eva Weaver coach & author

1. BREATH AS ANCHOR

We breathe without needing to think about it. But bringing conscious attention to the breath is a choice. Whatever is going on in our lives, if we bring attention to our breath, even for a little while, we can drop into the present moment, arrive in the here and now.

Many meditation- and mindfulness practices are based on simply paying attention to the in-breath and out-breath.

Breathing becomes an anchor that helps us to feel settled and grounded.

The late Zen Buddhist monk Thich Nhat Hanh expressed this so beautifully: *“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”*

We write and create better when we are present, centred and grounded. And this of course is also a great antidote to anxiety. When we are neither thinking about past events nor what might happen in the future, a space opens up to be present with what IS and what wants to be created through us, now.



Eric Maisel writes in his book **'Ten Zen Seconds'**:

'A long, deep breath is the equivalent of a full stop and the key to centring.'

He has created a powerful and effective practice that combines slow breaths with simple affirmations or 'incantations'.

Slowing the breath down to an in-breath of five seconds, and an equally long out-breath is the first step. Then to drop in one's thoughts a short phrase or incantation such as: *'I am completely'* on the in-breath, and *'stopping'* on the out breath.

Breath here becomes a container to hold the thought.

Concentrating on this container, a slowed down breath and the content, creates an almost immediate effect of calming, cutting through procrastination and anxiety.

Read more on this effective technique in Eric Maisel's book **'Ten Zen Seconds'** .

2. Breathwork helps reduce anxiety , incl. procrastination

In Writing from the Body we learn ways to reduce anxieties that often arise for writers the moment they sit down to write: am I good, clever, articulate, original...enough? Through simple & effective breathwork techniques we still the mind & counter blocks & resistance to writing.

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2. REDUCE ANXIETY & COUNTER PROCRASTINATION

In my *Writing from the Body* course, I teach ways to reduce anxiety, which might arise for writers the moment we sit down to write: 'Am I good enough? Am I clever, articulate original...enough?'

Through simple & effective breathwork techniques we still the mind and counter blocks and resistance to writing.

Maybe the most simple technique is to try to shift attention to observing the breath, in-breath and out breath- this in itself can sometimes shift something, as the attention has moved from repetitive anxious thought to simple observation.

Another technique is Eric Maisel's above mentioned 'Ten Zen Second incantation' method- some of the incantations or affirmations he suggests directly counter anxiety such as: 'I trust my resources'; 'I am equal to this challenge'; 'I feel supported'.

Heart math breathing is another effective technique that supports nervous system regulation and cultivates calm.

www.heartmath.org



Generally, deep breathing through the mouth is known to activate the Parasympathetic Nervous System, part of the autonomic nervous system that governs 'rest and digest functions' and when activated, communicates to the other parts of the brain that we are safe and do not need to move into a response of fight, flight or freeze.

Deep breathing also activates the vagus nerve which signals to the parasympathetic nervous system to lower your heart rate, blood pressure and cortisol.

Also the yogic science of breathing, **Pranayama**, as it is called in the ancient language of Sanskrit, is a technique of breathing and breath retention that is practiced to increase vitality and life-force energy as well as to create calm and balance, such as through alternate nostril breathing.

3. Dissolve Resistance

Maybe the most powerful, yet gentle way to help us release resistance and dissolve emotions- feelings in motion- is Breathwork.

It can be like the broom that sweeps and clears the house of our being.

'The power of breath is so exquisite, potent and so gentle, that it just releases things with ease.' participant feedback

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3. RELEASE TENSION & RESISTANCE

Sometimes big emotions block our capacity to write. We might be grief stricken, finding ourselves in the middle of a break-up or experience old trauma surface, triggered through a recent event. We might experience blocks to writing: not managing to get to our writing, procrastinating or even being stuck in a state of freeze- the dreaded writer's block.

One of the best ways to shift the emotions is through the body.

Emotions are feelings-in motion.

We can help emotions move through us more quickly through exercises that allow the body to express, discharge, release or dissolve emotions.

Maybe the most powerful, and at the same time gentle, processes is breathwork. Breath can create space and openness in the body and in the mind. One of the ways we can work with breath is to 'clear the house' of our being and body- to become aware of what does not serve us, and consciously set an intention to let that go and dissolve it and let the breath help us in this process. Breathwork, in the form of a conscious connected breathwork experience here becomes like a big broom, sweeping our body house 'for new delights' as the poet Rumi puts it.



Time and time again, people have said to me how after connecting with a continuous connected breathing process they experience more flow, spaciousness and openness in their bodies and minds, as well as in their writing.

In this technique we breathe in a continuous loop, without the pause that usually occurs after the out-breath, and usually through the mouth. Please note that there are contraindications for this open mouth breathwork practice such as glaucoma, epilepsy, heart condition etc. (full list and more info on my website), however all breathwork can be adapted, such as with gentle nose breathing.

Sometimes a conscious connected breathing process can be experienced as powerfully cathartic, but it can also be a very gentle process like a participant of the Writing from the Body workshop expressed:

'The power of breath is so exquisite, potent and so gentle- it just releases things with ease.'

4. Aliveness & Vitality

To access our most alive, authentic & original writing, breath can be a wonderful support.

This can be as simple as using deeper breaths, filling the lungs to more capacity, breathing into the belly or in a conscious connected breathwork process where we connect consciously with this powerful life force energy.

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4. ALIVENESS & VITALITY

Breath and creativity are closely connected.

Breathwork supports us to become more alive and vital and leads to more original and visceral writing.

Breath is pure life force energy, cleansing and enlivening. The deeper we breathe, the more alive we become. And the more alive we feel, the more alive and vibrant our writing will be.

We all know that when we feel the need to protect ourselves or don't want to feel too much- like when we are stuck in public transport with a crowd-we hold our breath instinctively.

It is wonderful how our body has these protective mechanisms. And we can also use breath consciously in ways that supports our safety, wellbeing, vitality and aliveness.

To access our most alive, authentic and original writing, breath can be a great support.

This can be as simple as using deeper breaths, filling the lungs up to more capacity, breathing deep into the belly or as part of a conscious connected breathwork process where we connect consciously with this powerful life force.



And there are many enlivening breathwork processes such as the '*Breath of Fire*' Kundalini yoga practice, conscious connected breathing practices or 'Barbara Carrellas's '*Breath and Energy Orgasm*' process (see www.barbaracarrellas.com).

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'In the breath of life, art lives.'

Laura Jamorski

5. Inspiration

*Inspiration literally means
the act of inhaling.*

*Through breathwork, we can use our
own breath to inspire our creative
expression!*

*Often in breathwork, inspiration
comes: new ideas, insights, visions
might emerge, we feel in-spired and we
receive clarity about that which was
previously unclear.*

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5. INSPIRATION

In many languages the word for breath is the same as the word for spirit and many creation myths include breath as bringer of life: clay becomes flesh through breath.

Through breathwork we can ignite our spirit and use our own breath to inspire our creative expression.

Sometimes we might become stale in our writing and our creativity, lacking new ideas or originality. We might stay at the surface of our writing, failing to go deeper, stuck with overused metaphors and cliches.

I have found that breath connects us beautifully to the realm of inspiration and the 'mystery'- that which we cannot grasp solely with our logic minds.

As we breathe, we become in-spired- during a breathwork process new ideas, insights, visions might come to us, or we might receive clarity about something that was previously vague or unclear.

I experience writing to be often a kind of collaboration- I show up, I am willing and ready to engage and work on a piece such as a novel, but what then happens is quite a mysterious process.



Where do ideas come from?

As everything we have ever experience we have so through the body, stories as well reside there.

Whatever we call it: muse, spirit, inspiration- when we create, a kind of alchemy happens between our willingness to engage our minds, our intention and will - and ideas as they arise.

Breathwork can assist us in this beautifully.

'Inspiration is not about some disembodied ethereal voice dictating words or notes to a catatonic host. It's a collaborative process, a holy give-and-take, a partnership between Creator and creator. . . .God is still breathing.'

Richard Rohr

6. Concentration & Perspective

Breath can assist us both in gaining focus and concentration as well as opening us to the bigger perspective of our writing project- and life.

'Breathing has the power to enhance both the practical present moment and our mystical connection with infinity.'

Gay Hendricks

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6. CONCENTRATION & PERSPECTIVE

In order to write, we require a particular mixture of concentration, focus and openness. If we are too tense, trying to force our minds to produce great ideas, most likely we won't be able to. Also, if our minds are scatty and fragmented, it is difficult to articulate anything.

Breath is a wonderful tool to assist us here, helping us to connect with our bodies in a gentle way.

Slow deep breaths, for instance bring us into the here and now, the place where focus lives.

Also, through breathwork we create a deeper connection with our bodies and become more embodied- and I believe our writing will reflect this.

'If we increase efficiency of breathing by 5% we increase the efficiency of our bodies by a thousandfold.'- Peggy Dylan

When we are engaged in a big and complex project like a novel and we are working on specific details such as character development, structure or plot, it can be challenging at times to see the greater perspective, the bigger arch.



When we engage in a breathwork process, quite like in a shamanic journey, we might suddenly ‘see’ the bigger picture, of our creative project with our inner eye or sense it- ideas and knowledge might ‘drop in’ and we might see connections we couldn’t previously see: between storylines, characters, themes start to weave together.

Whole plot lines might come to us, or we might just suddenly know where our project fits in the bigger picture of life- or the publishing world.

*‘There is a way of breathing
A love’s breath
That opens ones soul to infinity.’*
Rumi

7. Accessing the Unconscious

'Breath is the door to the unconscious.'

As we breathe, we can access the deep well that is our subconscious mind.

It is in the weaving of the conscious and the unconscious, aided by breath, that writing becomes the most rich, visceral & alive.

Eva Weaver coach & author
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7. ACCESSING THE UNCONSCIOUS

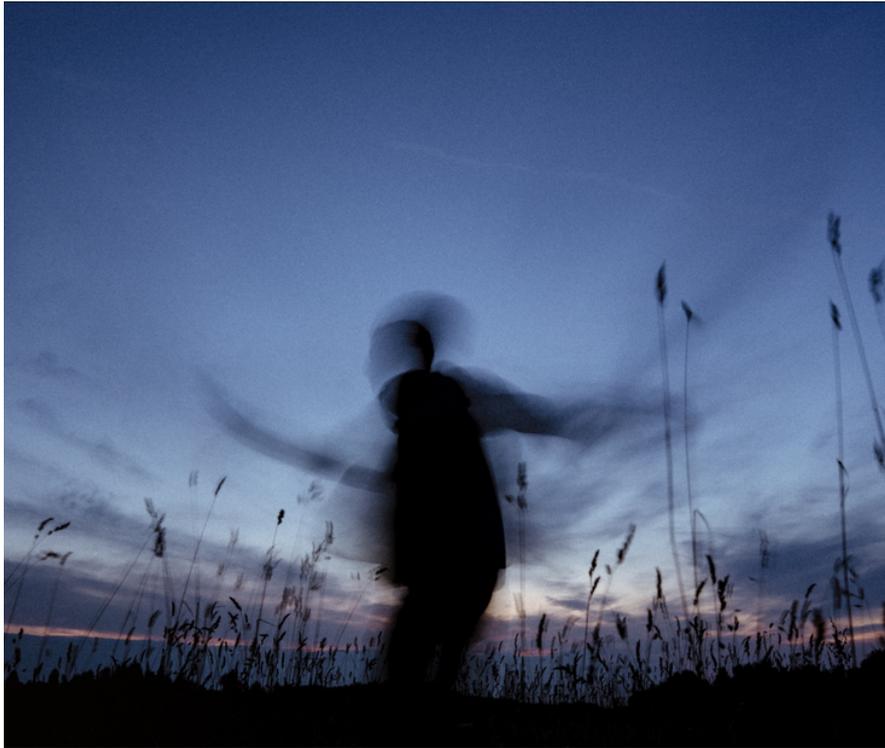
Even though we employ our conscious mind in writing, particularly when it comes to structure and plotting, and probably more so in non fiction writing than fiction- a lot of deep, visceral, juicy writing emerges from the subconscious mind.

It is that deep well from where we draw when we free write in a stream-of consciousness way, and to which we can open ourselves whenever we want to drop deep into the writing process. This helps us get into a writing flow, and here the realm of the unconscious becomes more accessible.

Also in our sleep the unconscious supports us- we might be stuck at a plot point and take the question into our dreams and suddenly at waking, or shortly afterwards, have an aha moment and encounter a solution.

It is our subconscious mind that has come to aid.

One of the most potent doors to the unconscious I have encountered is breathwork. Like a direct taproot we sent down into the earth to sap up inspiration, breath can connect us to the great unconscious.



Breathing can become like the act of letting a bucket down into the well and as we draw it up again, it might be filled with inspired ideas. Then it is up to our conscious mind to arrange, shape or expand on this material.

And it is in this weaving of the conscious and the unconscious, aided by breath, that writing becomes probably the most alive.

'Breath is the door to the Unconscious.'



I hope you have enjoyed this little book.

There are many books about breathwork and excellent teachers out there. Here are some teachers I recommend:

- Steph Magenta - www.stephmagenta.com
- Antonia Abbagnano, Alchemy of Breath
www.alchemyofbreath.com
- Peggy Dylan , Spirit Dance www.sundoor.com

I have been trained in rebirthing breathwork and other breathwork techniques and I am offering one to one breathwork sessions online or in person in Brighton, UK, online 'Breathe and Write' workshops and breathwork as part of my *12-week Writing from the Body programme*.

I would be delighted to welcome you to my Writing from the Body course - find out more at www.evaweaver.com .

Whether you are a seasoned writer, interested in embodiment or someone who always wanted to start to write - if you have a desire to write and an interest in embodiment, Writing from the Body is for you!

I would love to hear from you and support you on your journey with breath and writing!
and welcome you to a *Writing from the Body adventure!*





About me:

I am an author and coach, based in Saltdean near Brighton, UK.

Originally from Germany, I moved to the UK in 1995 and now live at my beautiful home 'Phoenix Nest' from which I run small writing retreats and one to one rites of passage immersions.

My interest and life's work lies in the weaving of the creative, embodied and erotic. I have been running workshop, courses and retreats for thirty years, both in the UK and internationally and worked individually with hundreds of clients as an art therapist, facilitator of breathwork, sex coaching and bodywork.

I have also navigated the world of writing and publishing for many years and in 2011 was offered a two-book deal with Weidenfeld & Nicholson. My first novel, '*The Puppet Boy of Warsaw*' (2013), a holocaust novel set in the Warsaw ghetto, has been translated into thirteen languages. My second novel, '*The Eye of the Reindeer*' is an epic historic novel set in Scandinavia about the Sami people.

I am currently writing an erotic novel, 'The Upholsterer's Game' and preparing my erotic poetry collection '*Firewolf & Gazelle*' for publication.

I have always been interested in the connection between our bodies and how we express ourselves creatively.

With my unique '*Writing from the Body*' courses, '*Wild Write*' groups and individual 'Wild Write coaching' intensives, I have lead many budding writers to become confident in their writing, unblock and find their true, embodied, unique voice.

You can find information on all upcoming programmes or book a free discovery call through my website: www.evaweaver.com

or email me: evaweaver@gmail.com

With warmest wishes

Eva Weaver



What is Writing from the Body?

Writing from the Body offers you exciting entryways to embodied writing, such as through deep inner listening, breathwork, exercises in nervous system regulation, movement, and many others tools. You will excavate the stories held and hidden in your body, learn to listen to the voice and wisdom of your body and write authentically.

When we foster ways to connect with the body - compassionately and in consistent, sustainable & doable steps -and listen to what it has to tell us, we can tap into the huge reservoir of resources, stories, ideas, wisdom strength & resilience that the body truly is.

I offer this potent 12-week *Writing from the Body* adventure twice a year as a group online programme. I also coach one-to-one online & in person in Brighton UK and I facilitate *Writing from the Body* workshops internationally.

You can find information on all upcoming programmes or book a free discovery call through my website: **www.evaweaver.com** or email me: **evieweaver@gmail.com**

I would love to welcome you to *Writing from the Body*!

With warm wishes

Eva Weaver

