

Breath Practices for Ceremony

(Use these before or during a journey, depending on the phase.)

1. Calming Breath (Before or During Overwhelm)

- **Method:** Inhale for 4, exhale for 6–8.
- **Why:** Activates the parasympathetic nervous system (rest & digest).

2. Grounding Breath (If feeling unrooted)

- **Method:** Slow, deep breaths into the belly. Feel your body on the ground.
- **Why:** Brings awareness down from the mind to the body.

3. Wave Breath (To stay in flow)

- **Method:** Inhale into belly → ribs → chest; exhale in reverse.
- **Why:** Creates a rhythmic, flowing breath to ride emotional waves.

4. Surrender Breath (To let go of control)

- **Method:** Inhale deeply, exhale with a sigh or sound.
- **Why:** Releases tension and opens the heart.

5. Dynamic Breathwork (Pre-ceremony only)

- **Method:** Circular or conscious connected breathing (e.g., holotropic or rebirthing style).
- **Why:** Can induce altered states or bring up material for release **before** medicine work.

Presence Practices to Deepen the Journey

Practice	When to Use	Benefit
Mindful breathing	Anytime	Centers Awareness
Body scanning	Before/during ceremony	Grounds you in the body
Focusing on sensation	During intense moments	Prevents overwhelm
Eyes-open awareness	If dissociation arises	Reconnects with the physical space
Internal affirmations	During difficult passages	Anchors intention (“I am safe”)

Breath + Presence = Trust

Together, breath and presence form a **sacred survival kit** for deep inner work. They don’t “stop” hard moments — they help you **move through them consciously**, turning discomfort into transformation.

“Stay with the breath, stay with yourself.

The medicine works best when you do, too.”

Here's a **Pre-Journey Breath + Presence Ritual** designed to prepare your **body**, **mind**, and **spirit** for an entheogenic ceremony.

You can use this **30–45 minutes before** your journey begins, or even days prior to deepen your readiness.

Pre-Journey Breath & Presence Ritual

— *Entering the Sacred Space of the Self*

Ritual Overview:

- **Total Time:** ~20–30 minutes (can be shortened or expanded)
- **When to Use:** Before an entheogenic journey (psilocybin, ayahuasca, etc.)
- **What You'll Need:**
 - Quiet, uninterrupted space
 - Yoga mat, cushion, or chair
 - Candle or incense (optional)
 - Journal + pen
 - Optional: calming music or nature sounds

Step 1: Sacred Setup (5 minutes)

Prepare your space:

- Light a candle, incense, or sacred herb.
- Turn off distractions.
- Arrange comfort items (blanket, water, sacred object).
- Say (silently or aloud):

"I open this space with intention, trust, and presence."

Step 2: Grounding Breath Practice (5–10 minutes)

"4-7-8" Breath for Calm Presence

(Helps settle the mind and body)

- Inhale through the nose for **4** seconds
- Hold the breath for **7** seconds
- Exhale slowly through the mouth for **8** seconds
- Repeat **4–8 cycles**

Notice your breath slowing. Feel yourself soften.

Alternate: **Box Breathing (4–4–4–4)** if you prefer a balanced rhythm.

Step 3: Body Awareness & Presence (5 minutes)

Body Scan:

Start at the top of your head and slowly move downward, scanning each body part for tension or sensation. Simply notice.

Say inwardly: *"I welcome whatever is present in my body."*

Grounding touch:

Place one hand on your **heart**, the other on your **belly**. Breathe into this connection.

Optional: Gently tap your chest or thighs to reconnect with the physical.

Step 4: Set Your Intention (5–10 minutes)

Prompted journaling:

- *Why am I entering this journey?*
- *What am I open to receiving, feeling, or learning?*
- *What am I willing to let go of?*

Write a **simple, clear intention** like:

"I trust the wisdom of this journey."

"I am here to heal."

"Show me what I need to know."

Say it aloud or silently. Let it echo through your breath.

Step 5: Close the Ritual (3–5 minutes)

- Sit quietly for a few final breaths.
- Optional: repeat an affirmation or prayer:
"I am grounded, I am safe, I am open."
"May this journey be guided by love, clarity, and truth."
- Extinguish the candle or leave it burning safely as a symbolic flame of inner light.

Optional Add-Ons:

- Drink a small cup of ceremonial cacao or herbal tea.
- Use essential oils (lavender, frankincense, vetiver).
- Play soft, non-lyrical music to support the atmosphere.

Final Note:

This ritual isn't about perfection — it's about **presence**. Even 10–15 minutes of intentional breath and awareness can **profoundly shape your experience**.