



HAMPIKAMAYOQ BREATHWORK

The purpose of *Hampikamayoq* Breathwork is threefold:

1. To cleanse and clear dense energy (*hucha*)
2. To fortify the energy system by the deliberate intake and distribution of *Kawsay* (*prana/chi*)
3. To make the healer a better carrier of spirit medicine

The faster you breathe, the less you'll "feel". At 26 breaths per minute one can transcend pain, heat the blood, shut down ego, and vanish bodily sensations. Extraordinary human capabilities arise, yet strain and fatigue appear. Rapid breath disconnects one from the physical.

The slower you breathe the more you'll "feel" and the greater your interaction with the universe will be. Long, slow, deep breath is essential to opening the heart and controlling energy within your own body, as well as directing it to others. Different energy/breath/visualization patterns are useful for different purposes.

It is important that when you practice breathwork you are in a comfortable position with your spine erect but relaxed. You may choose to lie down, or to sit forward on the edge of your chair. If you sit cross-legged on the floor, consider using a pillow to give you proper support.

Wave Breath (4 breaths per minute – cleansing and clearing):

Inhale for seven seconds. Don't retain. Let your exhalation follow naturally, like a wave cresting. Exhale for seven seconds. Don't pause. Repeat. This should have you breathing about 4 breaths per minute. Continue for 5 to 15 minutes. Simply visualize *Kawsay* (*prana/chi*) as a force being drawn into your body with each inhalation. On the exhalation, feel this energy spreading through your body.

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Lengthening inhalation time and capacity increases intake of energy through breath. Extending the retention time (holding) allows for energy to be separated from air and stored in the solar plexus (3rd chakra). Lengthening exhalation time allows one to make more room in the energy body by releasing toxins and impurities as well as directing energy to storage loci for later use.

***Kawsay* Energy Breath (3 breaths per minute – helps connect you to energetic flow):**

Inhale for 7 seconds. Retain for 7 seconds. Exhale for 7 seconds. Repeat for 5 to 15 minutes. This pattern is controlled without being too strenuous. It is the best breath for delivering *Kawsay* energy to a client as it helps the healer remain in his or her own body – focused and present. Visualize *Kawsay* energy being drawn up from the Earth through the soles of the feet, the perineum, and the palms of the hands on the inhalation. As you retain your breath, feel it circulate within you. As you exhale, feel it return to the earth, carrying away *hucha* and impurities.



***Sami* Energy Breath (2 breaths per minute – activates psi sensitivity, the capacity for creative discernment, and precognition):**

Inhale for 10 seconds. Retain for 10 seconds. Exhale for 10 seconds. Repeat for 5 to 15 minutes. This pattern takes some work. It is the best breath for delivering *Sami* energy to a client as it allows the healer access to the energetic template of the client. Visualize *Sami* energy being drawn directly into the heart, the seventh thoracic vertebrae, or the left palm on the inhalation. As you retain your breath, feel it circulate within you. As you exhale, feel it pumping through your body.

***K'anchay* Energy Breath (1 breath per minute – induces spiritual illumination, mystical transcendence, and the activation of the *Runa Kurku K'anchay*):**

Inhale for 20 seconds. Retain for 20 seconds. Exhale for 20 seconds. Repeat for a minimum of 5 minutes. This pattern is difficult. If you can do the *Sami* Energy comfortably, consider gradually lengthening your inhalation, retention, and exhalation to 12, then 15, then 18 seconds to work your way up to 20. This is the best breath for delivering *K'anchay* energy to a client as it opens the healer up to the highest spiritual guidance. Visualize *K'anchay* energy being drawn in through the crown, the third eye, the nape of the neck, or the left palm on the inhalation. As you retain your breath, feel it circulate within you. As you exhale, feel it dissolving the physical outline of your body. Become the light.