
From: [REDACTED] <[REDACTED]>
Sent: Sunday, July 1, 2018 5:43 PM
To: JEE
Subject: Hyperventilation

I went to another amazing breathwork class yesterday..

About 'holotropic' breathwork :

<https://iahip.org/inside-out/issue-55-summer-2008/twelve-things-you-should-know-about-holotropic-breathwork>
<<https://iahip.org/inside-out/issue-55-summer-2008/twelve-things-you-should-know-about-holotropic-breathwork>>

And a more straightforward explanation of the physical effects of hyperventilation and how it causes these altered states : <http://experientialsexlab.com/intensify-sex-with-groaning-hyperventilation/#.WzcjHBYpDDt>
<<http://experientialsexlab.com/intensify-sex-with-groaning-hyperventilation/#.WzcjHBYpDDt>>

I've done it maybe 10 times over the course of a year and the experiences have been very powerful for me. This technique (along with my tantric explorations) has taken the already amazing way I experience sex much further but I also generally feel the most calm, centered and content I ever have (regardless of imperfect external circumstances). It's very rare for anything to throw me off balance nowadays...it's pretty cool. I wish they made it seem less esoteric so more people would be open to trying.</div>

Sent from my iPhone

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