

What Participants Say About Integral Breath Therapy

I love Integral Breath Therapy! The organization I worked for didn't like me to use hypnotherapy. I found that I could use Breath Therapy and achieve the same incredible results without technically doing an induction. Also I've been using a lot of the exercises taught in class; again with incredible results! I've just started doing the course work to complete certification and hope to finish in a few weeks.

As far as personal gains - - there have been many already. I feel like a spiritual person for the first time in my life. My body tingles all the time. I was working on the computer the other day and the tingling in my feel was so strong that I thought maybe something was wrong with the electricity and had to touch the round to make sure - - probably best of all, my husband is cured of his anxiety.



The wisdom that drew me to take the class was beyond understanding.! I'm very excited about what this year holds and I thank ya'll for giving me the confidence to make these changes! Breath Therapy helped my life go from day to day existence to a daily miracle. Thank you, thank, you!

Omri Citron, Clinical Psychologist ...

I have had the privilege of participating as a translator and assistant in a six days course presented by Carol. I found myself excited by her gentle capacity to lead people by means of breathing processes, guided imagery, movement, meditation, and with a lot of compassion and love, to the paradise of calmness, self acceptance and joy of life.

During the course of my life I have experienced many personal therapies as well as an endless number of workshops. I have met many teachers and therapists but only a few of them influenced me deeply. My meeting with Carol immediately gave me a "taste for more". In my opinion she is a first rate therapeutic figure.

It was a privilege to watch how her sheer presence caused people to open up emotionally. Furthermore, my personal experience as a patient and as a therapist makes me believe in this wonderful way of therapy by means of circular breathing, which is not yet sufficiently known in Israel. I wholeheartedly recommend this process to anybody who cares about his well being.

Dr D. Levi, Psychiatrist

Meeting Carol Lampman and the Breath Therapy modality, have taken me to places and experiences I have not known before. This is important because we, as therapists, can only take our clients as far as we have reached ourselves. I can now reach therapeutic domains that were unreachable for me in the past.

Integral Breath Therapy and Carol's presence enabled the experiential and emotional connection to traumas of the past that were controlling and managing my life. These traumas, when disconnected from conscious awareness, act independently, and as a result of their unconscious quality, are unapproachable to change and to learning. Breath Therapy enables conscious, emotional, cognitive and experiential connection to traumas and consequently the creation of real change.

Carol's proficiency, capability, wisdom and therapeutic sensitivity inspire me and these attributes support me in my therapeutic work with others. For me, Carol, is a teacher and a mentor. I am grateful for having been given the privilege to meet her, to learn from her and to have meaningful experiences in her presence.

And More....

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I wanted to let you know that I thought of you today. I was remembering your loving collegial way of being. I love all of my teachers, but of all of them (and there have been lots) its your energy I most would want to emulate. Guess I just want you to know that not only the information you share changes lives, your very presence changed mine. With love Nancy

Congratulations on your Manual - a Masterpiece!

As a former teacher responsible for curriculum development, I can appreciate the hard work and dedication you put into this manual and I am grateful for this tremendous tool!! THANK YOU!!!~ Mary

I just wanted to express my gratitude for the wonderful 6 days I spent at the IBT training that you led. It was one of the best things that I have ever done for myself. In healing myself, I heal the world, and that's what it's all about. Your energy was a major factor in the harmonious flow that emanated throughout the entire program. The tone was perfect at all times and full of love. ~ Elaine S.

And Even More by request