

Psychosis Dharma Community

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What is psychosis

Dharma Community

- We are a group of people who believe that meditation can help with psychosis and other mental/emotional issues.
- A number of us have regular long standing meditation practices
- We will training peers to teach meditation. We will be advocating for the right of people with psychotic labels to meditate

PDC

- We will also serve as a community to share what we think meditation is in our recovery and share our experiences
- Our website is www.psychosisdharmacommunity.net

stress and Ujjaya

Breath, Ocean Breath

- Inhalation and exhalation are both done through the nose. The "ocean sound" is created by slight tension of the glottis as air passes in and out. As the throat passage is narrowed so, too, is the airway, the passage of air through which creates a "rushing" sound, the "sound" of the ocean.
- We use part of the standard instructions of standard ujjaya breathing. We adapt the

We do natural breathing with the glottis slightly closed. We use as little control of the breath as we can most of the time as we breath with the throat muscles slightly closed

- This slight closure of the throat muscles can be accomplished by silently saying “hum” as we breath in and out.
- This is a technique sometimes used by mountain climbers to balance blood oxygen and blood carbon dioxide.

- The imbalance of blood gasses causes hyperventilation. Thus ujjaya breathing helps prevent hyperventilation, one of the things that can happen in a panic attack.
- Often the fear of hyperventilation drives the feelings of panic. “oh my God what if I hyperventilate”. The repetition of this thought increases fear and is one of the things that brings on panic.

- Panic is brought on by “fear of fear”, or fear of the body reactions when fearing, an example is the fear of hyperventilation.
- The basic thought process in panic and other anxiety disorders is “I (think) I can’t handle how I (think) I am going to feel if what I think is going to happen, happens.”
- Thus panic and anxiety is driven by our thought processes, especially our fear of our bodily reactions to our fearful thoughts.

Thought and sub- vocalization

- When we think we are actually slightly moving our glottis and epiglottis, our throat muscles.
- Anything that interferes with the movement of our throat muscles will help us lessen our thoughts.
- Thus humming a tune will help with having “too many thoughts”

- All of our symptoms are driven by various thought processes. Thus ujjaya breathing and humming a tune will interfere with the thoughts that are driving our symptoms
- This is very clear with panic and anxiety which are driven by our fear generating thoughts and our fear of fear.
- Ujjaya breathing will help interrupt our symptom related thought processes.

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