

Repression, self-loathing, ego: John Stamoulos says all you need to rid yourself of such burdens is ...

## A breath of fresh air

coffee with

**JOHN STAMOULOS**  
Breathworker

*HIS name card reads John Stamoulos, Breathworker. Yes, that's correct: Breathworker.*

*Most people who meet the Australian are fascinated by his occupation – because they don't have a clue what a breathworker does.*

*Patricia Yap caught up with Stamoulos – who was in Singapore recently to hold breathwork sessions with some 50 regular clients – seeking enlightenment on how breathing can help heal and change lives.*

### What is breathwork?

It's a breathing technique, a form of breathing meditation. When people breathe in a certain pattern, they go into a conscious, altered state of awareness, in which they are fully aware and in control.

When they enter this altered state, their subconscious mind opens. All I do is ask questions so they think even deeper and connect with their fears and emotions. I ask

questions to go into people's thoughts and find out what their (mental blocks) and fears are.

### What goes on in a typical session?

When clients walk in, we go through an hour of questions about their past – basically questions about early childhood, belief systems, personal relationships and fears.

What you make of life today all comes from your past experiences, even your birth script, the way you were born. So, if you had a birth that involved quite laborious struggle, your first thoughts on life would be: 'Life is a struggle'.

When things get tough in your life, that thought resurfaces.

Then the clients lie down and are covered with a blanket to keep them feeling safe. I then guide them through the breathing technique.

They go into a relaxed stage and I ask them about how they feel. We debrief and talk about what they experienced or felt.

I'm just a facilitator. I create a safe space where people can heal and discover themselves.



*Singaporeans will never truly be happy until they learn not to give in to negative thinking, says Stamoulos.*

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### Why did you become a breathworker?

I went through a really emotional period in my life about 11 years ago, when I came across a breathworker and had a session; it was a healing session for me. I got to unload a lot.

A few months later, I decided to have another session, only to realise that it was really painful. Physically painful for me, because what I tapped into were a lot of the fears that I had had as a child: I was actually premature and my birth was induced.

I tapped into a lot of my first memories and I released a lot of pain from my body. My early rebirths were pretty amazing.

### What's the biggest challenge when you conduct breathwork sessions?

Ego. People's egos are so strong sometimes. The more they get stuck in their ego, the more uncomfortable the process gets in their bodies.

Ego stops people from coming home to their hearts. People have to get over their egos to understand themselves more.

I don't try to overcome egos. I get them to breathe. The breath is so powerful that it opens people up. The more you breathe, the more alive you are. Most people don't breathe fully. They are walking cases of anaesthesia. They are numb.

### What problems do Asians face?

I am amazed at the fear that people here have, especially about intimacy. So many people have loveless relationships or have affairs because they are scared to communicate to their own partners what they want (from the relationship).

In Singapore, if I say I want to teach people about communication in their personal relationships, people run the other way. People in Singapore and in Asia in general want to know how to become wealthier, so I tend to work on releasing people's limitations on money. I teach people about their subconscious fears about creating wealth.

### What about Singaporeans in particular?

Singaporeans have low self-worth. They don't love and believe in themselves enough, and they are afraid of revealing their true selves. Because of that they cannot be truly happy.

I would advise them to learn as much as they can about themselves and learn to love themselves. How? By not terrorising themselves with their negative thinking.

But the good thing is Singaporeans want to develop themselves more; in fact, I think Singapore is the leader in personal development. Even on the MRT, people are reading self-help books. That's great!

### Healthy Participants Needed

The Pfizer Clinical Research Unit (PCRU) needs healthy participants for a scientific study involving an investigational medicine.

The purpose of this study is to investigate the safety and toleration, and the amount of this medicine in the blood, following administration of single escalating doses.

#### Pre-requisites:

- Healthy males aged between 21 - 55 years, inclusive
- No chronic illnesses and not on long-term medication
- Non-smokers or smokers who smoke less than 5 cigarettes a day
- Body mass index (BMI) of 18 - 30kg/m<sup>2</sup> and weighs more than 50kg [BMI = Wt (kg)/(Ht x Ht) (m)]

You will receive **Free Health Screening** and **Reimbursement** for transport and time spent on the study.

For details or to check your eligibility, please contact:  
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