

# Public Access Breath: Facilitator Zine

Document ID: [PAB-MANUAL-V1.0](#)

**Classification:** Open Source / Peer-Led Community Framework

## 60-Minute Master Timeline

- **00:00 – 00:05 | Room Open & Agreements:** Open space, review the Broadcast Code.
- **00:05 – 00:10 | Name & Pronoun Round:** Quick circle round for names and optional pronouns.
- **00:10 – 00:15 | Technique Calibration:** Explain 3-Part Breath, sensations, and safety brake.
- **00:15 – 00:35 | Active Transmission (20m):** Continuous 3-part guided circular breath.
- [\(Audio: Music build 65–104 BPM\) LINK TO SPOTIFY PLAYLIST](#)
- **00:35 – 00:40 | Dead Air (5m):** Final exhale sigh; complete stillness on the mat.
- **00:40 – 00:58 | The Open Mic (18m):** Uninterrupted circle (~3 min/person). Strict zero cross-talk.
- **00:58 – 01:00 | Sign-Off & Close:** Closing reading, confidentiality reminder, and aftercare.

## Word-for-Word Facilitator Scripts

### 01 / Opening & The Broadcast Code (Minute 00:00)

"Welcome to Public Access Breath. This is a free, peer-led space dedicated to calming our nervous systems, clearing mental static, and connecting with each other. We are not therapists, gurus, or healers. We do not give advice or try to fix anyone. We simply use conscious breathing to step out of our heads and land in our bodies.

To keep this room safe and grounded, we run on four basic agreements:

1. **Full Operator Autonomy:** You control your pace. Every cue is an invitation. Slow down to a gentle nasal breath whenever you want.
2. **No Gurus, No Experts:** This room is peer-run. I am an equal participant in keeping time.
3. **Zero Cross-Talk:** When someone shares later, we listen in pure silence. No advice, no fixing, no interruptions.
4. **Confidentiality:** What is said in this circle stays in this circle.

### 02 / Name & Pronoun Round (Minute 00:05)

"Before we lie down on our mats, let's go around the circle and introduce ourselves. Please share **just your name, and your gender pronouns if you'd like**.

If you prefer not to speak, a simple nod is completely welcome. I'll start: My name is [Host Name], and my pronouns are [Pronouns / optional]."

### 03 / Breath Technique Calibration (Minute 00:10)

"Tonight we will be using a **3-part conscious connected breath through the mouth**:

- **Part 1:** Draw air actively down into your lower belly.
- **Part 2:** Pull that same breath up to expand your upper chest.
- **Part 3:** Release it softly and effortlessly out through your mouth like a sigh.

There is no pause at the top and no pause at the bottom—just one continuous, unbroken loop. (*Demonstrate 3 repetitions audibly*).

**What to expect in the body:** Active breathing temporarily changes your blood chemistry. You might feel tingling or tightness in your hands and face (called tetany), temperature swings, or spontaneous sighs and emotional releases. These are normal physical responses.

**The Emergency Brake:** If anything feels too intense, close your mouth, inhale for 4 counts through your nose, and exhale for 6 counts through your mouth. Open your eyes and feel your weight against the floor."

### 04 / Guiding Active Breath & Drop into Dead Air (Minute 00:15 – 00:40)

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- **Start (00:15):** (Start the playlist: [LINK TO SPOTIFY PLAYLIST](#)) "Find a comfortable position lying flat on your back. Let your arms rest by your sides. Open your mouth slightly, soften your jaw, and let's begin: in through the belly, up into the chest, and out through the mouth. Inhale, inhale, release."
- **Midway Grounding (00:25):** "Stay with the physical sensations in your body. If the mind tries to overthink or solve problems, bring your attention back to the sound and feel of the breath. You are safe, and you are in full control of your pace."
- **Drop into Dead Air (00:35):** "Take one last deep, full inhale into the belly... pull it all the way up into the chest... hold it gently at the top for five seconds... and let everything go with a long, unhurried sigh. Close your mouth. Let go of all control over your breathing. Return to your natural nasal breath and rest in complete silence."

### 05 / The Open Mic Sharing Circle (Minute 00:40)

"Gently bring movement back into your body, and when you are ready, slowly press up to a seated circle.

The open mic is live. We take turns passing the mic in a circle.

**You may share anything you'd like.** We listen in pure silence: no advice, no fixing, no reassuring, and zero cross-talk. We ask everyone to keep their shares to roughly **3 minutes** so everyone has space.

If you prefer to pass, a simple nod is honored. Who would like the mic first?"

## 06 / Sign-Off & Meeting Close (Minute 00:58)

"We close our meeting by recognizing the effort it takes to show up, sit with discomfort, and inhabit our bodies fully.

Thank you to everyone who shared, and thank you to everyone who listened.

As a final reminder of our container: **who you saw here and what you heard here stays here.**

### For post-session care:

- Drink plenty of water and eat solid food within the hour.
- Delay sending heavy messages, starting arguments, or making major life decisions for at least 2 hours.

Thank you for your practice and your presence today."

## In-Room Protocols

- **Tetany / Hand Cramping:** *"Your hands are experiencing a normal physical reaction to shifting CO2. Close your mouth, slow your breathing through your nose, and lengthen your exhales."*
- **Overwhelm / Hyperventilation:** *"Open your eyes. Place both feet flat on the floor. Inhale 4 counts through your nose, and blow it out slowly through pursed lips."*
- **Cross-Talk Intervention:** *"A gentle reminder for the circle: we hold space in pure silence without advice, feedback, or commentary. Let's return our full attention to [Speaker's Name]."*