

Hello Everyone,

Welcome to the December Breath and Breathing Report from
www.breathmastery.com

I want to focus on one of the basics of Breathwork this month: the "Rebirthing Technique." But first some news:

It was so great to spend this month in the good old US of A! I loved visiting Sedona and Santa Barbara again! Thank you to Anne for all her help, and the folks at Seven Centers Yoga School (<http://www.7centers.com>). Thank you to Ambaya for her unconditional love and support, and her tireless contribution to the full health and well-being of so many people! (www.neuromagic.net). Thank you to Serena and Marguerite in Santa Barbara. They provided me such a perfect week of work and rest!

Thank you to Ivonne (www.masterylife.org) and Toby (www.dnaperfection.com) for creating and holding such an amazing space of love and new possibilities. Thank you to Bil for his presence and assistance, and to thank you to Julia for bringing so much love and light to this work! All of you have contributed as much to my growth and evolution as I did to yours!

And thank you to everyone who participated in the seminars and sessions! There were so many beautiful and talented people this time. So many clear and bright souls! Thank you to Warren, Jim, Josh, Sammy, John, Bruce, to Dominique, Kamala, Alicia, Grace, Linda, Christine, Rebecca, and to everyone else. I wish I could list you all by name here! What a blessing it was to breathe with you all! What a blessing it is to do this work, to live this life, and to be of service to love in this way!

Next on the schedule is Lafayette, Louisiana: December 7-12... with a quick stop in the New Orleans/Gulfport/Covington areas before heading back to Texas for the holidays.

The India trip in January has taken on a life of its own. I originally imagined that 4 or 5 people would accompany me, but instead there will be 45 of us on the adventure! It looks as if 2007 will be a year of wonderful surprises for me! And I am sure that it will be the same for everyone who lives in conscious connection to the Spirit of Life and Breath!

Things are accelerating on this planet! Tremendous changes are coming. The next few years will bring events unlike anything the world has seen before. As the energy increase, as things speed up, and the frequencies get higher, it will be up to us to raise our own energy to match the vibrations of the coming call to universal love and light! Breathwork is definitely a vital tool for handling the acceleration! In fact, Spiritual Breathing ensures that the journey of transformation will be one of pure love and joy and peace!

So that brings me to the practice, the method—to the technique—known as Rebirthing.

So many people around the world are doing this work now. And each person brings his or her own style and focus to the process. As we learn and grow, what we teach and how we teach, naturally changes: as we change, our work changes.

But one thing has not and will not change: it is the specific way of breathing that defines the Rebirthing movement. So I'd like to offer my understanding of it, and the kind of coaching that I give in sessions.

The Rebirthing Breath, also called the "Circular Rhythm" or Connected Breathing." can be defined or described in this way: "conscious, connected, circular, rhythmic, energy breathing." It's the art of breathing energy as well as air. Here in a nutshell are the key elements of the practice: the how to's and what not's of Rebirthing.

1. Breathe in and out the through the same passage.
2. The inhale is active and the exhale is passive.
- 3 There are no pauses or gaps between the breaths.

An active inhale means that you pull the breath in deliberately, expanding the entire breathing cavity. A passive exhale means you simply let the breath go: you set it free. Breathing through the same channel means that you breathe either in and out the nose, or in and out the mouth: but not in the nose and out the mouth. No pauses means that inhale and exhale come together into a smooth steady uninterrupted flow: like a wheel turning. Making the inhales active and the exhales passive is the act of merging opposites—polarities like yin and yang—above and below, within and without, past and future..

"Conscious Breathing"

Consciousness is the latest development in evolution: it is our greatest tool for survival. For the most part, breathing is usually automatic and unconscious. Your unconscious breathing habits, patterns and tendencies are not necessarily natural or optimal. Conscious breathing allows us to correct unhealthy or dysfunctional ways of breathing, and to heal the breathing mechanism itself. Conscious breathing allows us to take over from the machine. With conscious breathing, we can deliberately give the breath a certain quality: we can breathe with a specific intention. We can use the breath to increase our aliveness and joy, peace and power. We can use it to reduce pain and tension, anxiety and stress. We can use it to express and reflect our highest spiritual aspirations and values.

"Connected Breathing"

Connections in life are vital. We are intimately connected to life, to nature, to each other, and to reality. The mind is connected to the body. Emotions, chemistry, physiology, psychology, are all part of a unified whole, and they are all connected to the breathing. Eliminating pauses, gaps, and breaks in the breathing gives us a sense of wholeness, and a direct experience of "oneness." It creates in us a unity of spirit, mind, and body.

"Circular Breathing"

Circles and cycles are fundamental patterns or structures in life and in the universe. Existence expresses them on every level. Life is rife with them. Nature is based upon them, and functions according to them. Our own growth, as well as cultural and social development moves forward in a cyclical, circular fashion. Completion and wholeness is expressed by circles and cycles. Any so by building this principle into the technique, we ensure that what we do is in harmony with nature, life and the universe.

"Rhythmic Breathing"

Rhythm is another fundamental universal principle. Building it into the technique assures us that what we are doing with the breath is in harmony with "what is" naturally happening in the universe and in life. And rhythm allows us to really get into the process. It provides a focus and it acts as a gauge. As various thoughts and feelings and emotions arise, we can observe changes in the breathing rhythm. And by consciously changing the breathing rhythm, we can activate and clear various energies from our system.

"Energy Breathing"

Everything in life is an expression of energy; everything is a form of energy. We are energy beings. This energy has been called prana, chi, ki, life force, or spirit. It is the animating principle of life. It is the "breath within the breath." Light, sound, vibration: it's what makes life beautiful and powerful!

Changes always occur on the energy level before they are expressed physically. By developing awareness and control of our life force energy, we can stay ahead of illness. We can take a more conscious and creative role in our own healing process. We can work in harmony with the changes taking place on the planet. And we can better handle the everyday conditions and circumstances of our lives. Mastering our relationship to energy makes us captains of our ship, and masters of our destiny.

A simple way to understand the practice is to see it as engaging in one of three breathing rhythms: fast and full, slow and full, or fast and shallow. Use fast and full breathing when you want to activate a lot of energy, or when you find yourself spacing out or going unconscious. Use slow and full breathing when you want to integrate something wonderful—when you want to take in a beautiful moment. Use fast and shallow breathing when you are experiencing something intense or uncomfortable, or when you simply want to have fun—when you want to play with the energy!

When you practice the rebirthing technique—while breathing in this connected circular rhythmic way—stay awake, be aware! Watch your thoughts. Pay attention to the feelings and sensations in your body. Don't react, resist or judge. Instead: accept, allow and enjoy! Don't try to control the natural healing process. Just observe it. Be a witness to it.

It is so simple: just breathe in and out without stopping, holding, pushing, forcing, avoiding, or resisting... In the beginning, it helps

to give the inhale an "oohh" shape; and to give the exhale has an "aahh" shape.

After several minutes of connected breathing, the "energy experience" begins. Allow this energy to come up, to move, and to take over your body. Use every inhale to draw in more energy, and use every exhale to relax into the energy. Keep letting go into the experience. Don't try to control the energy. Keep relaxing more with each breath. Notice any tightness in your muscles. Deliberately release this tension with each breath. Keep expanding with each inhale.

Think "soft and open, soft and open" "expand and relax, expand and release" "pull in and let go, pull in and let go" Keep your jaw, neck, shoulders, hands, back, belly, legs relaxed. Keep your throat open and your chest loose.

Various "symptoms" will come and go throughout the process: like dizziness, tremors, vibrations, sensations of heat, cold, spontaneous laughter, crying, primal sounds, emotional releases, memories, images, insights, etc. Simply allow and observe these things along the way of this inner journey. Don't let any of these things interfere with, or interrupt the breathing rhythm, or your relaxation. Don't let them send you into thoughts and judgments. Simply breathe and relax into each new feeling, sensation, and emotion.

Remember that under every feeling is another feeling; behind every emotion is another emotion. And behind it all, under it all, is pure love, pure peace, and pure joy. Keep moving—breathing and relaxing through everything—all the levels, until you arrive at your "Highest Center."

Feel your feelings. Allow and accept whatever is happening in you to happen, without acting on it, or reacting to it. Don't judge or resist your feelings. Turn every new thought, feeling or emotion—every reaction—into another conscious inhale and another releasing exhale. Get out of the way! Let something higher and deeper in you direct the process. Let the life force have its way with you! Let go into the peace that passes understanding!

Don't be afraid of the unknown, or of losing control. You are always already free. You are always already safe. You are surrendering to a higher part of yourself. Say "yes" to life. Say yes to every part of you. Say yes to everything that happens inside of you. Breathe love and light into every cell of your body. Practice Forgiveness and Gratitude.

Let the breath open you to your deepest highest self. Melt into it. Merge with it. Expand with it. Then come back, bringing with you the energy, the flavor, the quality of that source, that essence! Be renewed by the experience. Stay with the awareness of it. Use every breath to keep the awareness of this place alive in you. And in between sessions, find simple creative ways to share and express the divine being that you are! Find ways to express the love and light that fills you when you breathe your way to this place of awe!

Good luck in your practice!
With love and blessings,

Dan (Guchu Ram Singh)
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PS: You are invited to join us in June for an extraordinary ten day nature tour of Estonia; and then a glorious Spiritual Breathing Festival on the Black Sea in the Crimea. And in August we'll spend another delicious luxurious week on the Hill That Breathes in Italy.

Finally, I am feeling very drawn to Spain. So if anyone would like to organize an event there, please contact me.