

# **Shut Up**

**And**

# **Breathe!**

**How To**

**Clear Your Head**

**Settle Your Stomach**

**And Calm Your Nerves**

**Anywhere Anytime**

**No Matter What!**

**With  
Dan Brulé**

[www.BreathMastery.com](http://www.BreathMastery.com)

***Do you want to learn an easy and drug-free healing and growth method? Do you want a way to relax and energize yourself in spirit, mind, and body?***

***Then Shut Up And Breathe!***

***Breathwork is one of the simplest and most powerful methods for personal growth, self-healing, and spiritual development on the planet today! And the author has been focused on studying, practicing, and teaching Breath and Breathing since 1970!***

***Shut Up And Breathe! is a new, bright, comprehensive overview of both Basic and Advanced Breathwork. "A practical guide to Spiritual Breathing." "Entertaining and Educational..." "Inspired!" "Enlightening!"***

***Dan Brulé is "Pioneering, Irreverent, Unorthodox and Creative." His "unique," "insightful" and "innovative" approach to teaching Breathwork is "ingenuous!" "Life Changing!"***

***In this book Dan shares Breathing Exercises and Techniques proven by thousands of people to quickly reduce or eliminate:***

- ***Physical, Emotional, or Psychological Stress***
- ***Everyday Aches and Pains and Upsets***
- ***Chronic Fatigue and Low Energy***
- ***High Blood Pressure, Asthma, Allergies***
- ***Disturbing Thoughts and Obsessive Thinking***
- ***Anger, Fear, Anxiety, and Other Negative Feelings***

***Read this Book. Practice the Breathing Exercises, Techniques and Meditations in it. And begin to Master the Art and Science of Breathwork!***

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## Important note about this book:

*There are 2 audio CD's and a DVD that accompany the book.  
You can download them [here](#):*

The seven parts of this book were taken from files posted in the ***Breath Mastery Inner Circle Members Area*** at: [www.breathmastery.com](http://www.breathmastery.com)

You will find many other books, articles and essays, including seminar notes and workshop handouts, complete training manuals, and live unedited audio/video recordings, as well as other Breathing Resources in the ***Breath Mastery Members Only Area***.

<http://www.breathmastery.com/breathmastery-inner-circle-membership/>

***Dan also offers an Online Course:  
"21 Lessons in the Art and Science of Breathwork"***

To learn more about this course, visit:  
<http://breathmastery.com/onlinecourse>

***What People Are Saying About "Shut Up And Breathe!"***

*"Shut Up And Breathe!" gives a clear, easy roadmap to why conscious breathing is important, how it can change your life and how it can empower you to become totally responsible for your own emotional, physical and mental state.*

*"Before reading this book I hadn't realized that the breath could be so effective in clearing so many issues so fast!" Thank you!*

*"Thanks Dan for the wonderful job you have done in this book. It is very helpful to people like me who are into breathwork, and also for those who are yet to start breathing consciously. Thanks again."*

*"I just finished reading the book and I found it great! In the past year I've read other books about rebirthing, yogic breathing, Qi Gong, and I've really learned something new with your book."*

*"I enjoyed reading your book because I love your style, which is energetic, enthusiastic, and gives a feeling of freedom to the reader; and it gives very practical and effective advice."*

*"Having tried many personal development and spiritual tools, I've found that your teachings are based on what is very fundamental. I've practiced these weeks observing my breath during formal meditation and in daily life, and it has had a liberating effect on my breath!"*

*"During meditation I noticed that my breathing began to do strange things, like stop before the end of the inhalation or the exhalation; and by just observing without doing anything about it, something healed and there was a drop in tension. So it's a very good practice!"*

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*"I tried your formula of being very relaxed while breathing deeply with a circular rhythm. I'm not yet a master at it, but I found it so effective to release tension and negative emotions."*

*"Shut Up And Breathe: Such a bossy title for a book that holds a space in more than one world. Whether you have never taken a conscious breath, or have been practicing many years, this book has something to share, something important to hear..."*

*"This book is an intimate conversation with a master of energy, of personal transformation, and of conscious breathing. In it, Dan very candidly shares his own personal journey to self-mastery and self awareness."*

*"Dan you are such a blessed soul and your book is a joy to read. I giggle as I catch myself breathing, even when I'm not on a particular exercise. You are uplifting and inspiring as you hand out answers to our everyday problems. Living a "Life of Breath" must be an amazing journey!"*

*"Your book—your sharings—were informative both for a person who has never done Conscious breathing, and also for those very experienced in the practice."*

*"Wonderfully personal and intimate. Your sharings activated memories, appreciations and even more perspective on where I began, the roads I traveled, and the yeses that welled up in my heart for different experiences."*

***Shut Up And Breathe!***  
***How To Clear Your Head,  
Settle Your Stomach,  
And Calm Your Nerves***

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- Three Basic Elements in Every Style of Breathwork
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- How to Know Which Teacher or Technique is Best for You





































































































































































































































































































































