

# The Practice of Breathwork

*Live on the Web*



**BREATH  
MASTERY**

**BREATH ENERGY TRAINING**

With Dan Brulé



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# The Practice of Breathwork

## Live on the Web

This webinar took place in Moscow in late July, 2013, with a little over 200 people in attendance. Luba Bogdanova (<http://www.odyhanie.ru>) organized it, and provided the Russian translation. This is the English language transcript of that live session. The full audio recording in both English and Russian is available upon request. For more information, visit: [www.breathmastery.com](http://www.breathmastery.com) or contact [office@breathmastery.com](mailto:office@breathmastery.com)

Take notes as Dan shares his unique and innovative approach to physical, emotional and psychological healing and well-being—until now only presented in his advanced workshops and practitioner trainings.

Learn new ways to manage or resolve your own problems, issues, and challenges, as Dan answers questions and counsels participants from 10 countries. Experience him in his role of “breath therapist,” and while he is wearing his “spiritual psychologist” hat.

Dan holds nothing back as people ask for and receive poignant advice on a range of issues from sleep disorders and kidney disease to emotional overwhelm and parents with cancer, from the fear of public speaking to family members with alcohol addiction.

Many people stunned by the power and astonished by the simplicity of his approach. Read how the participants of this webinar are quickly and deeply touched by his intuitive coaching, and how they describe their experience with tears in their eyes.

Listen in or read along as Dan reveals the connection between breathwork and intimate relationships, and how breathwork relates to money and career goals. Learn the secret to creating harmony between body and soul, how to use breathwork to actualize your purpose in life, and as a method for attaining self-realization.

### ADDITIONAL CONTENTS:

- Breath is life
- Think in terms of energy
- Breathing patterns and states of being
- A simple tantric breathwork practice
- The three level approach to holistic healing
- Beliefs about money and breathing abundance
- The anti-anxiety breath
- Unconscious breath-holding
- Practicing the basic breathwork skills
- Spiritual Breathing and the oneness of all life

Hello everyone! It's wonderful to be here! Tonight we are going to talk about Breathwork:

1. How breathwork is connected to your relationships, how it can influence the quality of your relationships...
2. The connection between breathing and money; and how you can use breathwork to help you in your career...
3. How you can use breathwork to connect with your life mission, to get wisdom, to know what your life mission is...
4. How to use breath and breathing to create harmony between your body and your soul...
5. And the highest application of breathwork: how to use it for self-realization...

If at any time you have any questions, you can type them. And so let's begin.

So how can breathing... how can something as simple as breathing help us on so many levels and in so many ways?

The main reason is that breathing is one of the most basic functions in our life. Breath *is* life. And the way that you breathe expresses and reflects your relationship to life.

Whatever patterns and habits you have in any area of your life, those same habits and patterns will appear (be expressed or reflected) in your breathing. And when you change those patterns on the level of breath, it makes it much easier to change those patterns on all the other levels. (In fact, things often resolve themselves!)

The first thing that we need to do and to understand... is to think in terms of energy. Everything is energy. The universe is an energetic phenomenon. Your body is filled with energy. (It is formed by, and made of, energy.) Every thought is a form of energy. All your emotions—that's energy in motion. Everything is energy, and when we work with our breath, we are working directly with energy.

Your breathing expresses and reflects your emotions, your psychology, and your physiology. There are some things in life that you cannot change directly, but by changing the way you breathe, you can begin to influence those other things.

For example if you don't want to be seen, if you want to hide, you will unconsciously hold your breath. An animal in the wild will do this naturally, automatically. If they sense there is danger or there might be danger, they hold their breath. And humans do the same thing.

The breath expresses our fear when we are afraid. When we are in a comfortable state, when we are happy: the breath expresses and reflects that. A powerful thing about the breath is that it works in the other direction: by changing our breathing, we can change our emotional state.

The way you breathe is either causing you to feel certain things or preventing you from feeling certain feelings. So in a relationship if your heart is open, if your body open, if you are open to the

other person, your breathing will be open also; your breathing will be free and flowing. If you are holding back your love, if you are becoming tense or upset, your breathing will be disturbed.

And so if you want to make your relationships better, then breathe with your partner. There are some beautiful tantric practices\*, for example when you breathe out your partner breathes in, and when you breathe in your partner breathes out; and you share the breath.

You can take a breath right now, and just open yourself. When you breathe and relax, energy can move. So we can connect to each other thru the level of the breath. When you look at some thing, when you look at someone, you receive information and you give information thru your eyes. When you touch someone, you give him or her energy and you receive energy from the one you're touching.

In the same way with breathing: if you get in touch with your love, with your peace, and you breathe with someone, you are going to communicate that love and that peace. Breathing is a way to receive energy and to send energy. It is a way to send and receive information—and not just from your mind, but from your whole being, from your heart.

So, with all of the time that you spent in a relationship, talking and exchanging information thru words, some of that time you can just sit and exchange love and information, just thru silent breathing. Every couple who does that experiences a deepening of their love; they experience some really wonderful feelings.

And when you become conscious of your breathing, you are connecting to yourself more deeply; and you are becoming more whole, more alive, and therefore your partner has more of you.

So breathing can be a totally new thing that you can do with your partner. One person can lead and the other can follow... follow the same breathing pattern. It's a beautiful way to connect on a deeper level.

And when you become more conscious of your breathing, and you begin to open yourself, to your own breath, you develop; you improve.

**We have a question:**

*Right now I have a serious problem with my health because I was prescribed the wrong treatment, the wrong medicine; I have a very strong and heavy emotional state up to hysteria and spasm in my throat. Can you suggest I can do something right now?*

**Dan:** Yes, every physical illness or every physical disease has an emotional and a psychological component, and even a cause. We can have a certain physical condition, and our mind reacts to that in a certain way, we also have an emotional reaction to that.

What we need to do is create some space in ourselves, a space of comfort a space of peace. And so you breathe, and when you breathe in, you breathe in a little bigger breath than usual. You expand a little more than usual, and you give yourself a big sigh of relief.

You don't want to breathe to make something go away; you want to breathe to make yourself comfortable in the presence of it. Physical tension, emotional tension, and psychological tension—it locks that energy in our body. So we need to soften our bodies, relax our minds, and just let go emotionally.

Remind yourself that you're safe. And give yourself a pleasant breath. This will change your energetic state. And it will begin to help move the energy of the disease or illness. But even if nothing changes on that level of the illness, you yourself are becoming comfortable; and then the illness can leave by itself because you're not tangled up with it with your tensions.

So our nervous system is usually in one of two states: it's either in survival mode or it's in healing and growth mode. When we are afraid or tense, we put our system into the survival mode. When you give your body soothing breaths, you move yourself into healing and growth mode.

So we approach these problems on three levels: what you say to yourself. No matter what is happening you can still choose to tell yourself something that will support you and nurture you. In the same way that a good friend will talk to you and encourage you and give you soothing thoughts, and tell you that you are ok: we need to do that for ourselves in these moments. In this way we work with our mind.

You also work directly on a level of your body. You relax your muscles. Relax your jaw; relax your neck; relax your shoulders. Any time you create relaxation in your body, you'll help energy to flow and move; and healing can begin to happen by itself.

And the third level we work on is the breathing. You use your breath to give yourself more energy. Send the breath to every cell of your body. Take your time and do this like you would give yourself a prescription.

**Luba:** Should we suggest that she do that right now? You suggest people practice this, and not just think about it, right? Oh, she is replying she is doing it.

**Dan:** Wonderful!

Luba asks the questioner what she is feeling. She says that her throat feels more open and relaxed, looser.

**Dan:** Very good.

**So we have another question:**

*Her mother has cancer; that's why she has to live with her and support her; but she feels irritating emotions on an extreme level, and doesn't know how to be with it, because the situation is difficult and impossible to change; and she has confusion with all this mixture.*

**Dan:** Yes well our connection to other people can cause us some interesting reactions in us. So we have to take responsibility for our own reactions.

*Marina says, "I have the same situation. I also live with my mother who has cancer. I tried every day to thank her and everyone for she is with me."*

**Tatiana:** *"I have tears in my eyes. I have the same situation with my mother..."*

**Dan:** Yes.

And so we always have to do the inner work: you create peace inside of yourself, no matter what the situation around you is. When you focus on your breathing, you're taking your focus away from the things that are bothering you. It is like taking a break from your problems.

You focus a 100% on the feelings of breath; you focus on relaxing muscles; and in those moments you are taking a vacation from your problems. It's not your job to live someone else's life. You are not responsible for other's people feelings. You don't help someone who is uncomfortable by becoming uncomfortable yourself.

You need to shift your focus. Focus on your own comfort and pleasure, and then you can be of better service to the other person. Take a breath and expand. Relax and let go. Take lots of those minute vacations. And trust other's people process.

No matter what we think, no matter how we feel, no matter how it looks: everyone's life is perfect. Everything that is happening to us is required for our own awakening, our own evolution. We may wish it was different; we may have an idea about how it should be, but we need to trust life.

**Another question:**

**Asia:** *- For many years I've been suffering from non-sleeping—problems with sleep. Can you suggest some breathing for that?*

**Dan:** If you cannot sleep and you're lying awake at night: think wonderful thoughts. Breathe beautiful comfortable breaths, and make use of that time to give yourself energy and to relax yourself.

Most of the time, when people are awake at night, it is because their mind is busy. So breathing, meditating on your breath, is the way to quiet your mind. Another thing that keeps people awake are different feelings and sensations happening in their body. Instead of resisting those feelings or fighting them, breathe into them.

You know night is a quiet time; the rest of the world is sleeping and so you can be in your own energy without a lot of distractions. Maybe you have a natural rhythm that doesn't agree with the clock. Maybe you need to change the times in your life style, when you are sleeping and when you are awake, so it's is more natural to your rhythm.

The shortcut answer to all of these problems is that when you think you have a problem, look at it as an opportunity, not a problem. Use it to become more conscious of your reactions. Use it to observe your mind and how it reacts. Use it to breathe golden energy. Use it to practice relaxation, to practice acceptance. Every problem is an opportunity. Use it to grow and practice.

So let's talk about connection between breathing and money.

Money is energy. And so the more your breath is open and flowing, the more open you are to energy of all kinds. The flow of money into your life is connected to your beliefs about money. How open you are to the flow? What are your beliefs about money?

So money is just one more form of energy. So what we need to do in connection with money is to begin to breathe thoughts of abundance. Generate powerful thoughts about money, and you breathe while you are doing those affirmations to yourself.

Do affirmations about deserving money. As you breathe in, you can feel yourself opening and expanding, and you can be telling yourself that you are opening to more abundance. When you breathe in, you actually expand. You don't have to imagine opening and expanding. The breath makes you open and expand. They are real feelings.

And so then at the same time you're creating those physical sensations of opening and expanding, you give yourself thoughts. You combine body and mind. If you can combine body and mind and breath: that is very creative. And whenever you notice yourself with the limiting thoughts about money, use that moment to expand and let go of that thought.

Playing with the breath in connection to money is really fun. You are playing with energy on one level and you are influencing energy on another level. There are a lot of practical ways that you can use your breath and breathing in your career. For example you are at the meeting, and you need to be focused. You can take a few very conscious breaths, and focus.

Whatever breathing pattern you establish, you are establishing that pattern on the level of energy. So if you want something to accelerate in your life, if you want something to go faster, you can, a few times a day, use rapid breathing while you focus on that other thing. If you need to slow down and not work so hard, then you breathe in way that is slower and with less effort.

**Luba:** *People are reporting that they can feel energy moving in their body. And there are vibrations in the body because of the breathing... tingling.... the body is more relaxed and alive... vibrating... feeling super...*

Good. Yes. As you begin to breathe and relax, you wake energy up in the body; and you feel this electricity and vibrations. That's when it becomes very important to relax more and to breathe gently.

You don't want to pull in too much energy that your body cannot absorb. It is like trying to force too much food into your belly. If you are already feeling a lot of energy, then you need to make the breathing more gentle. Relax into the feelings, and integrate that energy before you push yourself further forward. You need to digest the food you've already eaten before you eat more.

**Luba:** There is a question about food actually:

*Can we breathe this way after a meal, and how does it influence the digestion process?*

**Dan:** Well, when you do abdominal breathing, you are helping the whole area of stomach and intestines. You are helping with digestion by doing diaphragmatic breathing. And there are people who using breathing instead of eating. So you experiment.

Everyone is different. We are all the same and we all are different: it's a paradox. So everyone is breathing, and we can each develop a unique relationship to our breath. I will be going to India in October to spend some time with a yogi who eats the sun instead of food.

So it's amazing what you can learn from people, what you can absorb from people, just by being around them and meditating in their presence. It is the same thing with learning anything: if you practice in presence of someone who is already mastered it, you can learn more quickly than if you practice alone.

**We have another question:**

*I have a fear of public speaking. As soon as I start, I feel contraction in my breathing and a cold sweat on my back and lost in thoughts, and no voice from the inside. What do you suggest?*

**Dan:** Well, the fear of public speaking is the number one fear in the world. It is very popular. That fear is connected to early experiences of being accepted, being not accepted, being judged, being embarrassed, feeling shame...

We have all (memories) of these experiences in our subconscious. And when we put ourselves in a certain situation, it activates all that material in our subconscious. So we have to work with our unconscious beliefs. We have to identify and eliminate negative beliefs. We also need to deal with the actual physical sensations.

So there are many methods for identifying our negative and limiting beliefs. If you send an email to Luba or to myself, we can send you some information on where to look, which processes we like and which programs might help you.

And you can use your breath to begin to help with those symptoms. If you control your breathing, you will control your physiology. What you need is anti-anxiety breathing: and that is low and slow. You breathe low into your belly... long slow breaths... and you practice that before you need to speak. And you stop from time to time and you give yourself breath during your talking.

Also be aware of any physical tensions in your neck in your shoulders. When you have physical tension it sends an emergency signal to your brain; and those physical tensions make the anxiety worse. When you deliberately let go and relax your muscles, it sends a different signal to your nervous system.

And each time that you have success public speaking, you have less and less fear. It's a very good idea to be honest about that in the group that you speaking to. Don't try to hide your nervousness. In fact you can tell people that you're nervous.

Other people wish that they had the courage to stand in front of a group and speak. And they will understand very easily your nervousness. And it will relax you to actually talk about it. You will be an inspiration to others—you are afraid and nervous, and yet you go ahead with your speech anyway: that is very inspiring to people. And your anxiety is energy. You can channel that energy. So enjoy it!

**More questions:**

*How can I be peaceful with the alcohol dependency of someone I love? I already tried breathing but now it is not about breathing. I have so many emotions overwhelming me, and I understand this is given to me for some reason, but for what?*

**Dan:** You have to take responsibility for your reactions. People are free to be however they want to be. And you can choose however you want to respond. You can simply cause yourself to feel good. Make yourself feel good. Focus on your own body. Focus on your own emotions. And you set the example.

People who are alcoholics, they don't know how to relax into their feelings. They are trying to cover their feelings with alcohol. And so maybe you are trying to cover your feelings with other feelings... of anxiety, or guilt.

And there is nothing wrong with making a change in your life. If the other person doesn't want to change, and day-by-day you are wasting your life, then you need the courage to make a change in your life.

Sometimes it means making a change, and not waiting for the other person to change. Sometimes we need to make a change instead of waiting for the other person to change—we need to make a change in our life.

You know alcoholism is the serious disease. And it affects the people around the alcoholic. And if you cannot lift them up, you need to lift yourself up. And if you cannot tolerate it, if it's having an effect on your health, you need to take responsibility for your own health.

It's not an uncommon situation. If you reach a point where you simply don't want to tolerate it anymore, then you make a change. Otherwise you keep living with your suffering. But we are always responsible for our own inner world. You cannot blame someone else's problem for your problems. You cannot make them responsible for your reactions.

We need all take care of ourselves. Maybe by taking care of yourself, you will set an example, and the other person will begin to take care of himself. But if you are suffering, and you are saying that you are suffering because someone else has a problem: that's not honest. They are blaming something for their problems, and you are blaming something for your problems; and no one is being honest.

If you are not strong enough to help this person, then you send them to someone who can, and take care of yourself. Because you will only build up anger and resentment, and you will look back at your life, and you will be miserable, and you will say that it's someone else's fault. Maybe that's not what you want to hear, but it's how I see life.

**Another question:**

*On the left kidney I have a spot, found thru medical research. Is it possible to breathe it away?*

**Dan:** Yes well, every physical condition exists in a certain atmosphere or environment. And you provide that atmosphere or that environment with your consciousness. And so by creating

relaxation around a place, you give that place some space. You can literally breathe into that place. Send energy, loving energy, to that place. Send relaxation to that place.

But don't try to push it away: it will resist. You create a space of comfort in the presence of the illness. You give your body energy. You create a positive mental atmosphere. And you trust your body to heal itself. And you do anything else that your intuition tells you: a change in your diet, certain exercises... You can use visualization, and use your breath. Use everything that works.

But very often it's not what we do, it's what is happening inside of us when we do it. So you generate an internal atmosphere of peace and calm; and from that atmosphere you could get an idea that you couldn't get if you are upset and uncomfortable.

If you cannot do anything about your physical condition, you can do something about your psychological state. Work on a level that you can work on, and you let the other level take care of itself.

So we have three levels we are working on with the breath: physical, emotional and mental. If you have a psychological problem, you could work directly on that level. Or you could focus on the other two levels.

Give yourself physical pleasure. Do some enjoyable exercises. Generate positive emotions.... gratitude, appreciation. And so you working on the emotional and the physical level, and allowing those two things to affect the psychology.

If your problem is on a physical level, you could address the problem directly on that physical level; or you could let that be, and focus on the emotional and psychological level. So you generate positive thoughts, you generate pleasurable emotions, and you allow those two things work for you on the physical level.

If you are dealing with an emotional problem, instead of dealing directly with the emotions, you give yourself physical pleasure, enjoy a warm bath, make yourself some delicious tea... so you are working on a physical level; and a pleasure and comfort on the physical level will affect your emotions.

And you can use your mind. You can choose affirmations. You can talk to yourself in a very beautiful way; and the psychology will in turn, directly affect the emotions. So if you can make a change directly on the level of your problem—physical, emotional or psychological—then do so. And if you can't, then focus on the other two levels.

If you don't do this, the disease is going to spread to the other levels. If you have a physical pain, it's going to cause you painful emotions and it's going to cause painful thoughts—unless you interrupt that.

If you have a psychological pain, it is going to cause you painful emotions and physical illness—unless you interrupt that chain. If you are experiencing an uncomfortable emotion, and you don't interrupt it, those uncomfortable emotions are going to cause you to generate negative thoughts. And those uncomfortable emotions are going to cause uncomfortable feelings.

So we can interrupt that by breathing, and by being pro-active, by working on a positive level, on the other two levels, we don't allow the disease to spread to those other levels. So don't struggle with your problem: find another level to create positive energy on.

And then it is two against one. So if you generate positive psychology and positive physical pleasures, that's two positive levels against the one negative emotional level. Does that make sense?

**Luba:** *She said yes, thank you.*

**Dan:** But of course it takes practice. You didn't walk the first time you tried. So just because you try and it doesn't seem to work, don't let that stop you. We are talking about skills, and all skills require practice.

But breathing is a very easy practice: it's for lazy people like me. And so far it has solved all of my problems. And I am not different than anyone else. If you have a belly button, breathing will help you.

Now all of this can also connect to next topic on a seminar. It's a harmony between body and soul... your purpose in life. If you are not honoring your soul, if you are not living your purpose in life, your mind and your body are going to complain and suffer.

If you are not satisfying your soul, you are going to have physical, emotional and psychological problems. If you are not honoring your purpose in life, if you are not living your mission in life, then you are going to have lots of problems. So we need to connect with that. What does your soul really want? What does your heart desire? Not what your mind thinks.

That is the beauty of breathing: it is not accident that our lungs are wrapped around our heart. Thru breathing, you get out of your head and you get into your heart. And then information will come to you from a place other than the mind. It might come thru your mind, but not from your mind.

So why are you here? What's your purpose in life? What do you love? You need to meditate on that.

**Luba:** *Someone is saying "I don't know what my purpose is." Another says: "me neither."*

**Dan:** See, if you say: "I don't know." That's your mind talking.

It is better to be something than to know it. It is better to feel something than to think it. Make a list of everything that you love. Make a list of things that give you pleasure. Make a list of things you enjoy.

**Luba:** This is the exercise we do at your seminar.

**Dan:** Yes, right. Big things... little things... They don't have to be big dramatic profound things: I love the sound of rain on the window. I love the smell of bread baking in the oven. I love Elton John songs...

Just begin to send your mind in that direction. Things you'd like to see, things you'd like to hear, places you like, people you like, things you like to do. Begin to get your mind moving in that direction by writing those things down.

Those things are not accidents: They are clues from your nature. If you can listen to those things, they will lead you to something else. And that will lead you to something else. And soon you realize you **are** on your path. You **are** feeding your soul.

You enjoy giving other people comfort. You enjoy learning things. There are so many things you enjoy. Write them all down; and feel the energy of them. How do you feel when you enjoying those things? This will put you into the most resourceful state. And from that comfortable state inspiration comes.

There is no right answer to this. Your mind is stuck because you think there is something that you should be doing, something you shouldn't. Like there is right and wrong. That blocks our heart; that blocks our inspiration. It blocks our intuition. It is not right or wrong question.

Does it give me peace: yes or no? Do I enjoy it: yes or no? Not "should" or "shouldn't" not must or must not. That comes later, much later. First focus on what you love. Nature would not give you... nature wouldn't fool you that way. You can trust your natural pleasures.

They feed your soul. And when you are enjoying them, you are putting yourself in the most resourceful state. And then something will come to you: an answer will come; an idea will come. In following your pleasure you will meet someone accidentally. You will end up in a right place at a right time.

Don't try to force your way forward with your mind. Breathe! Expand and relax. Give yourself pleasure with each breath. Let go of your hard mind with each breath, and you will come in to a state, and from that state answers will come.

If your mind says "I don't know." Don't believe it! You do know. You know in your cells of your body. You know it in your heart. It is the mind that is closed. So you can imagine breathing and opening your mind. Be creative with your breath. You can surprise yourself.

**Luba:** There is a question about the breathing technique, but everything you are saying: this is technique.

**D:** Yes.

I teach people to invent their own breathing exercises, their own breathing meditations. There are some fundamentals, and we teach and practice those fundamentals at all the seminars. And once you learn them and practice them enough, then you can begin to use them.

So we combine breathing and relaxation. When most people breathe deeply and powerfully, they don't relax. And when they relax, they don't breathe. That's one of the first skills that we need to learn: to breathe in a powerful way but without a lot of effort. Learning to relax completely and yet keep breathing, keep the breath moving.

So this is a skill. And these are the skills that we teach and learn and practice at all of the seminars. And when you practice it among other people who are learning, you learn much more quickly. And when you practice in a presence of a teacher, you can learn very quickly.

But it's like learning balance. You cannot teach someone else balance: but anyone can learn it. So breathing is like balance. You cannot teach it, but you can learn it. And it's like riding a bicycle: once you get your balance, once you learn, you never forget.

And it's like weight lifting. You start with lifting just one kilo every day, you practice, and within six months or a year, you can lift a hundred kilos, two hundred kilos. So you learn basic breathing skills and you practice them, and you begin to amaze yourself with how much you can accomplish.

And I've been fortunate, because I've been teaching this for a long time and now I know people, I've known them for twenty years, twenty five years, and I can see thru life how it works. I don't have to guess anymore.

But it's a practice it's not a philosophy. And many people would like their life to change, they'd like things in their life to change, but they are not willing to change themselves.

Breathing is very fundamental primal thing, and when we make changes on that level, it's much easier to make changes on other levels. For example we teach the skill of releasing the exhale. We teach the skill of letting go of the exhale quickly and completely. We learn to let go of the breath. And when you master that skill, you surprise yourself at what else you can let go of.

But if you've not learned how to let go of the breath, don't be surprise if you cannot let go of pain. If you've not learned to release the exhale and let go of your exhale, don't be surprised if you cannot let go of fear or anxiety. If you have not learned to control your breathing don't be surprised if you cannot control your thinking.

But when you learn these skills on the level of breath, you discover that you have those same skills on all the other levels. And if you begin to recognize the patterns in your breathing that are not helping you, then you've discovered some big blocks.

For example, just about everyone holds their breath for a moment or two, maybe a thousand times in a day. But they are not conscious of it; it is happening unconsciously. So we teach breath awareness. We encourage people to observe their breathing. Like a meditation practice, where you simply sit and you observe your breathing.

And then you observe your breathing in different situations, in different circumstances and activities. And you begin to notice when you hold your breath: putting a key in a door... for a moment you hold your breath. Trying to think of something or remember something... and for a moment you holding your breath.

Someone says something that causes you a shock or disturbs you... and you hold your breath. Certain thoughts cause you to hold your breath for a moment. An emotion begins to express, and you unconsciously hold your breath. Getting up from a chair, you momentarily hold your breath,

as as you getting up. Driving you car, and you turn and you face backwards to back up, and you hold your breath.

In all of those moments of holding your breath, you are interfering with the flow of life in you. You are interfering with the flow of spirit thru you. So those unconscious habits are stopping you from realizing who you are. They are stopping you from self-realization.

So we use the breath to wake up. Wake up to your reactions, wake up to your unconscious patterns, and we know ourselves more and more, better and better. And we use breathing in a spiritual ways, to help us on this path of spiritual awakening.

You see the breath connects us. No matter where we all are right now. We are in different countries right now. I can count a dozen flags, a dozen different countries here in this webinar. But the air that surrounds the earth... we are all breathing that same air that surrounds the earth.

The breath connects us to each other. The breath that is in you now was in someone else yesterday. The breath you breathe out right now goes out and it mixes with the rest of the air of the world. And a bird will breathe in part of you, and a dog will breathe in part of you. And you are breathing in the essence of every living, breathing being.

We are not conscious of it, but it is happening. We can become conscious of it. The same air that the Buddha breathed, that Jesus breathed, that Mohamed breathed: you can breathe that same air, and you can breathe in the essence of those beings.

Your breathing connects your body and your mind. It's a bridge. It connects your subconscious mind with your conscious mind. That is not an accident; it's not a coincidence. That is an opportunity. That's an invitation. We can take part in our own evolution. We can transform our own nature.

Every breath is a prayer. We just need to be conscious of it. As you are breathing in the breath, you are inviting something else. As you breathe out the breath, you send something out into the world: a blessing, a wish, a prayer. The only thing we need to do is become more conscious.

And it is a practice. No one can do it for you. I think it took Jesus thirty-three years to achieve his enlightenment. It took the Buddha many years. But it's much easier for us now, because there have been so many Buddhas before us.

There are so many enlightenment beings on the planet today. That's a powerful energy force: we can use that. It is much easier for us today than it was for Buddha two thousand five hundred years ago. We can make use of the acceleration that's happening.

Your purpose in life is to wake up. Your purpose in life is to be all that you can be. Your purpose is not to suffer: it is to enjoy and celebrate, to learn and grow, to love and serve. If you do a little bit of that every day, you will be happy. Your soul will be happy, your body will be happy, and you will be getting closer and closer to your ultimate realization.

We have time for maybe one or two more questions...

You should decide to begin to practice breathing. Breathe in any way you like. The basics are awareness: breathe consciously. Put all of your attention on the details of your breathing; meditate on the breath. While you are breathing, relax.

Use rhythm. Rhythm is a universal principle. Just find an interesting rhythm and breathe in a steady rhythm. Play with your breath. Play is nature's way of teaching and learning. Animals play. That's how they learn to hunt and eat.

So we play with our breath, and in playing with our breath, we can discover something, we can learn something.

**Luba:** Oh, Nina is here. She is announcing your Issyk-Kul event.

**Dan:** Ah, wonderful! Our schedule:

If you are quick and if you are lucky, you can come to the Buddhist center outside of Moscow. We start tomorrow and we go for four or five days. You can meet me in Ufa, Neftekamsk next week. Or come to Kyrgyzstan. We will be living in yurts on Issyk-Kul lake. And if you check the website you can see all the countries I'll be in.

If you are lazy and you'd like to invite me to come to your city, ok I do that also. We have an online course that you can take. There are many people that I've trained who can help you; you can breathe with them and learn from them.

So do we have any final questions?

**Luba:** There are number of questions, but we won't have time to answer them.

**Dan:** Well, we didn't have time to answer all the questions.

I thank you all for coming. You can send me email if you have questions, and you can send questions to Luba.

Ok love to all, and thank you.

\* [Tantra and Breathwork with Shakti Malan and Dan Brulé](#)

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