

Lessons In The Practice of Breathwork Key People And Peak Moments On The Path Of Breath Mastery

An Interview with Dan Brulé



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In this interview, Dan discusses the Path of Breath Mastery and the Practice of Breathwork. He freely shares content and material from his seminars, and some lessons from his personal journey, such as:

- Early experiences with the breath
- The rebirthing technique
- A unique style, method, and approach to breathwork
- The three key skills of applied breathwork practice
- Everyday applications of breathwork
- Living from the heart versus coming from the mind
- Tips on how to get free of anxiety and stress
- Motivation, willingness and the power of readiness
- Limits, traps, and contra-indications in breathwork
- Breathwork and the connection to India
- Moments of inspiration, personal guides and teachers
- High points, low points, and extreme training experiences
- What people can expect from the seminars and workshops

This interview took place in April of 2013. Dan was in Bucharest, Romania at the time. The interviewer is Dr. Tatjana Trajkovska in Slovenia. She is a medical doctor with a holistic/integrative practice; and she is the leading Breathworker in that country. Contact her at: trajkovska.tatjana@gmail.com

T. When did you start working with breathing? The first question. Or maybe you can introduce yourself. Who are you Dan?

D. Well, breathing is my passion (pass-I-on); it is also my profession (profess-I-on). I got hooked on breathing at birth; and had some early childhood triggers I guess you could call them.

I remember in Catholic school, in kindergarten or first grade, and hearing about the bible and first book of Genesis... how God breathed into man the breath of life and man became a living soul. I don't know... a child's imagination... the state I was in... something sparked in me at that time.

And then a series of things: near drowning, experiences of getting the wind knocked out of me... various things like that kept returning my focus to breathing. And then after graduating high school, I studied as an x-ray technician. I loved doing chest x-rays and looking inside the body at the lungs.

Every time you take a chest x-ray, you have to tell someone to take in a deep breath and hold it. Before I knew it, I had watched about a thousand people do that in their own particular way. I began to notice some patterns and I became more curious.

I was invited to get onto the 'crash team' at Boston City Hospital and University Hospital in Boston. I learned CPR: cardio pulmonary resuscitation—reanimation.

And wow! The first time I blew into somebody who was clinically dead—someone who had no pulse and wasn't breathing—pounded on their chest and blew into them; and they woke up and blinked. I was totally hooked on the miracle of breath!

I couldn't wait till the next person had a heart attack, so I could jump in there and rescue them! And you know if you love something, life or existence keeps giving you opportunities to do it. I'd be on a beach and someone would drown. I'd be in a restaurant and someone would choke on food. I'd be on a plane and someone would have a heart attack. It seemed like I was attracting it. I thought for a while that maybe I was bad luck and maybe you shouldn't get too close to me!

But then in the mid 70's I discovered Rebirthing. And it was amazing because instead of coming upon people who were dead, breathing with them, and making them alive: I could work with people who were already alive, breathe with them and make them more alive! I was able to continue my love affair with the breath, and keep doing what I really loved to do, but on a lighter, higher level.

And then visits to India and China, trying to find anyone who was doing anything with breath: and when I did, I was either kissing their feet or breathing down their neck! I tried to absorb as much as I could. And pretty soon it seemed that I had accumulated or synthesized so much that I somehow stumbled on to my own intuitive style; and somewhere along the way became a master teacher.

I continue as a student because I think it is the best way to keep growing as a teacher. I invented some things myself and mastered some things that other people taught me, and synthesized many things. I can't really find the starting point or the starting line anymore. It's a blur.

But in working with more than 80,000 people, I've developed a pretty good sense of some of what is possible, and I've developed lots of approaches and methods and techniques and exercises. It's the only thing I have really been doing throughout my whole adult life consistently.

T. Ok, great. And so tell me what exactly is rebirthing? Can you tell people something about rebirthing?

D. Rebirthing is a specific breathwork method, invented or developed by Leonard Orr. It's a specific technique: conscious connected circular energy breathing. You breathe in a way so that the inhale is active and the exhale is passive. There are no pauses or gaps between the breaths.

One way that Leonard described it was: "the merging of the outer breath, which is air and the inner breath, which is spirit." He said when those two dimensions come together, a very natural healing and transformation occurs. I can certainly testify that that's exactly what happens.

Rebirthing is set within a philosophy that is sort of Eastern and yet very unique—Leonard's point of view is that it involves consciousness work, working with the elements: earth, air, water, and fire, community, and doing various other spiritual purification practices, techniques, and so on. But the core of it is that very specific way of breathing—something that I initiate everyone into at my first opportunity.

I find that if people can really 'get' that technique—get good at that—the ability to breathe energy as well as air, then any other breathing exercises that they do, they will get a lot more out of them than the average person—and much more quickly. So it is one of the core techniques that I teach. But it is only one of a whole repertoire of different breathwork methods and approaches.

T. How many different techniques do you teach? Which are they and why are they good for people?

D. I ask—either consciously or unconsciously—three questions of myself or the other person when people come to me. People who come are at different levels, they have a different direction, or they are starting from a different place; they have different goals and intentions, and so on. And so different breathing exercises are more suited to certain people at certain times.

I ask myself: "What is this person's level of skill? Have they done certain breathing exercises? Have they gotten locked into certain breathing patterns? Have they experimented with their breath?"

What is their level of health? Are they a young peak athlete, or are they a frail elderly person not even able to sit up in bed? What we will do and where we will go will depend on that. The third question is: What is their purpose in practicing? What do they want to accomplish? What do they think is possible?"

Once I get an intuitive sense of all that, then we play with the breath. We begin to look for some obvious flaws, strengthen the patterns that are supportive, bring in a new awareness to certain habits or reflexes that may be inhibiting their success or their health, their performance, or their movement forward in life.

It is an intuitive approach. It relies on intuition. There are some basic sets of skills that I try to work on—to get everyone to master—a basic set of life skills. Once people get those basic life skills under their belt, then they are in a really good position to intuitively move toward whatever method or style is best for them. And it helps me to determine which exercises or techniques we want to focus on and work with.

T. Which are these basic two or three things that you teach everyone?

D. The first basic thing is Breath Awareness. People need to become more aware of their breath. As a method of meditation, it means to simply sit and don't do anything with the breathing: just observe it. Sense it, feel it, watch it, listen to it. Tune into the details of it, and begin to develop a more conscious rapport with their breathing habits and patterns.

This practice of Breath Awareness is the first key or skill. And taking the practice of breath awareness into their everyday life; to practice observing how they breathe in different situations and circumstances: when someone insults them, when they are listening to music, when they are in pain, when they are feeling wonderful, when they are trying to solve a math problem.

Begin to notice that breathing patterns change according to our psychological, emotional and physiological states, and that the breathing is affected by different thoughts and feelings and activities, other people's energy, the food we eat, and so on.

That is the first key. And no one can do it for you. People must simply in and of themselves develop that habit of breath awareness: tuning into their breathing. That's the first skill. The more people become aware of their breath, the more they will get from the breathing exercises.

The second skill is to Engage the Exhale: to use the exhale to produce relaxation—to trigger relaxation. Learn how to let go energetically—on an energy level).

If you can't let go of your breath, if you can't let go of your exhale—fully and freely, quickly and completely—then don't be surprised if you can't let go of pain. Don't be surprised if you can't let go of fear. Don't be surprised if you can't let go of thoughts that are going around in your head, keeping you stuck or obsessing.

However, when you develop this ability—the skill of letting go of the breath—you will find that you can let go of many other things much more easily. And so that is the second skill: to get really good at using the breath to let go. Use it to let go of physical tension, and then to let go of lots of other things.

The third skill is Conscious Breathing and Breath Control. Learn to breathe with a certain intention, to give the breathing a certain pattern, a certain quality. Learn to breathe quickly, to breathe slowly, to breathe thru your nose, to breathe thru your mouth, to breathe high in your chest, to breathe low in your belly. There is a whole set of skills that we explore in terms of Breath Control aspect.

Those are the three basic skills: Breath Awareness, Relaxation, Conscious Breath Control.

T. Great! In which situations... where can we use the breath? You are explaining so many things. So actually people can use the breath all the times for all the different situations.

D. Yes, you can use breathing to center yourself, to focus your energy, your attention. Look at elite athletes. Look at the Olympic competitors, someone on the edge of a diving board for example. They are in position, their toes are curled around the edge of the board, and just before they dive, what do they do? They take a breath.

We use it to enhance performance. We use it to clear away distractions and to help focus. You can use it to charge your system, to give yourself more energy. I encourage people to find for themselves creative ways to use their breath.

We combine breathing with visualization, breathing with affirmations, breathing with movement, breathing with sound. You find ways to integrate conscious breathing into whatever else it is that you do.

We use breath for healing, for awakening, for de-stressing, for dealing with anxiety, and for creating really wondrous and ecstatic states. You can breathe yourself into really resourceful states. There are lots and lots of ways to apply the breath.

T. On one of your YouTube interviews you said that the longest path we need to walk is from the mind to the heart.... From the head to the heart.

D. Yes, that's the longest journey we need to make... and well, that's because being heart-centered is a much more powerful and resourceful way of being in the world. Go to the heart math website: heartmath.com, I think. Look into the research that they are doing.

The heart generates more electro-magnetic energy than the brain does. The field of energy that surrounds the heart extends far wider and is bigger than the field around the brain, around the head. We have gotten disconnected from our spirit in a way by getting locked into the mind.

It seems to make perfect sense that if you want to solve a problem that you would turn to your mind. However, what if the mind itself is the problem? And why would you turn to your mind to solve a problem in the first place when you could turn to the source of your mind to solve a problem?

When we get into our heart, we begin to contact that greater source that is beyond the mind in a way, and beyond the level of duality. It is no coincidence that the lungs are wrapped around the heart. The heart is literally surrounded by the lungs. And so when we work with breathing, we can begin to open to our heart and to empower ourselves with love and clarity

It's a solution to world peace. There's no confusion when you come from your heart. There's no conflict. There is something more pure and bright about the heart. And so that journey out of our head—our conditioning and programming, and breathing into our heart, leads us to the door to spirit and the infinite, the door to our divine being, to our higher self... That journey is so necessary.

T. Yes, and I guess not only the breathing, not only the fact that you can contact your heart with breathing... what actually does the breathing do when you are more connected to your soul?

D. Well, every time we have ever had a shock, a physical shock, a pain, an emotional trauma or a psychological trauma, we held our breath. We interrupted the smooth ecstatic flow of breath energy, and disturbed our connection to spirit. And after hundreds and thousands of mini shocks and traumas, we've gotten disconnected from our spirit in a way.

Conscious Breathing helps us to re-connect in a very direct way to our spirit, to our essence, to our original self, to our inner child, to our greater potential. That's the logic behind it, and it is also the benefit of it.

T. Yes, great, thank you. What about this: a person imagines we are going to breathe deeply for a minute or a few minutes, and some problems will be solved. Is it really that easy?

D. Well, the problem may not be solved, but the issues that are causing the problems will be identified very quickly, and a path toward solving the problem will be very quickly seen.

And yes, sometimes just in the process of focusing on the breathing, we are taking energy away from the trauma, the problem, the issue. When we are breathing consciously, we are not doing what we would have been doing, or habitually do; this creates a space, a possibility, an opportunity for change.

So yes, sometimes it is just a very simple matter of focusing on the breath, which puts us into a different state, where we can have an "Ah ha!" We can literally be inspired. We can suddenly get information that before we could not get. Something can pop into our consciousness... intuitively.

T. Great! I can't wait to work with you again Dan!

D. Oh yes, I had such a wonderful time on my first trip to Slovenia. I am really looking forward to it, and to being with you again!

T. We are too!

T. Now, can you give our readers a hint, what to do to relax when we are under stress. What is your quick suggestion?

D. The quick suggestion is that there are three things we can do to change our state in a minute, guaranteed. The suggestion is to get people to focus on those three things.

First, when people are suffering from stress or anxiety, or any kind of upset, they are focusing on something; and they need to change their focus—to anything, anything else. Discharge that (consciousness) energy from where it is locked up or the direction that it is flowing. Change your focus.

The second thing is to change your self-talk, to change your language, what you are saying to yourself. Whenever we are suffering anxiety or stress, we are talking to ourselves in a certain way. There is a certain quality to our self-talk, the frequency—the level or quality of the vibrations of the words we use. Watch the language you are using. What are you telling yourself? What meaning are you giving to events?

Things happen, but they occur to us in specific ways. Our emotional state depends on how we interpret things and what meaning we give to them. Get conscious of that and change that.

Shift the language to a higher vibration language, to more nurturing, supportive positive self-talk—rather than a negative, toxic, critical, fearful type of language. This negative self-talk always accompanies and contributes to anxiety.

The third thing is: change your physiology. Change your posture. Change the position of your body. Jump up and down. Do something to change your physiology. And that's where breathing comes in. If you change your breathing pattern, you will definitely change your physiology.

Those three things can give people an immediate way to change their state. No matter what state they are in, they are able to shift out of it. Look at how you are breathing and change your breathing pattern. Look at what you are focusing on and change your focus. Pay attention to what you are telling yourself and what meaning you are giving to events, and change those things.

Unfortunately, people must actually do it. No one can do it for them. Very often people would like everything in their life to change but they don't want to change themselves. They don't want to make a change in themselves. There is an aspect to all this that I call readiness.

People say: "oh yes I would like to make more money," or "I'd like to fix this or change that." But very often you can sense a lack of real readiness... They say, "I'd like to quit smoking." But you see them a week or a month later and they are still smoking. And so, did they really mean it? Sometimes developing real motivation for change is a powerful prerequisite to making anything work.

If someone is really ready to change, whatever they do will work: the next book they read, the next teacher they meet, the next exercise they do... it is going to work—not particularly because of the power of the teacher or the book or the technique—but because of their readiness.

I don't know how to create readiness in people. It is something that must somehow emerge from within them. Well... I guess there are ways. You can inspire people. And sometimes desperation is a great motivator! If people are desperate enough and they simply cannot bear to go on another minute with the way life is, then they are ready.

I can sometimes help people to reach that critical point of desperation. It is more fun to get them into a state of inspiration. We can give them an experience that really inspires them about their own power and their own ability and their own potential, and that sparks the readiness.

D. How are we doing?

T. Very good Dan. I feel like I am already sitting in your workshop! You are definitely inspiring me! I don't feel desperate at all!

T. Who is welcome to your workshops? Are there any limits, like age limits or anything else?

D. If you have a belly button then you are a good candidate for breathwork. If you have somehow managed to get onto this planet without being born, then I'd like to meet you... but I am not sure that breathing will be useful to you.

Age doesn't matter. As long as you can maintain an attention level for a minute or two, that's all you really need. People who are on serious psychiatric drugs, serious schizophrenics, out of control bipolar states need to come with their therapists, or need to be accompanied by someone who can support them in and out of the seminar or session. Otherwise there are no real limitations.

T. What can people expect from the workshops?

D. Miracles! Expect a miracle! Expect rapid change... life changing insights... very new feelings... a very profound energy experience... an opening of the heart experience... an acceleration of their personal growth... maybe even a quantum leap in your performance if you are an athlete or an artist or therapist. You can expect to turbo-charge whatever you do.

T. Are there any traps? I mean sometimes in doing certain techniques there are traps, where you can get stuck or lose yourself, or lose your way, or something like that.

D. Any technique can be a trap if you don't practice also the opposite technique. Any breathing technique can be a trap if you aren't also working on awareness and relaxation. You don't want to breathe like a robot. And you don't want to just open up a book on yoga that says: "inhale for the count of 8, hold for the count of 12, and exhale for the count of 32; and then try to force that onto yourself.

We need to develop a gentle intuitive approach and a balanced approach. If you are not in harmony with nature and the universe then you could make your process much more difficult than it needs to be, and can hinder your growth in some way.

A balanced, gentle, broad approach... honoring equals and opposites... not getting fixated on certain ideas or methods... this keeps us safe and it also dramatically increases the possibilities (the benefits) that we can create for ourselves.

T. What did you mean when you said we should practice opposite techniques?

D. Well, if someone is practicing breath holding, then they also need to practice setting their breath free, practice moving their breath continuously. If someone is practicing a very regulated breathing

pattern where the inhale is twice as long as the exhale, then they need to practice a breathing pattern where the exhale is twice as long as the inhale.

If they are breathing into their chest all the time, then they need to practice breathing into their belly. If they have gotten hooked on diaphragmatic breathing and they are always breathing into their belly, then they need to breathe up into their chest and open up those spaces. That's what I mean.

T. Can people after meeting you or working with you just once, or have just one session, after joining one workshop; can they practice certain techniques on their own at home safely?

D. Oh yes. A person can leave a private session with some very clear ideas on what they can do on their own. That is the whole idea, because if people are not working on their own, developing their own practice, I can't really do much with them. It feels like a poor use of my time and energy.

If someone has a breathwork practice... if they are doing things on their own, then when they come to me, we can refine and tweak, and adjust and build on what they are doing. I feel like I am making much better use of my time, and they are able to make much better use of me. Practicing on their own is actually required!

T. Super! What would you suggest to our readers if they would like to come to your workshops? Are there some techniques that they can begin to do, two or three weeks before your seminars?

D. Well, they can go to my website, surf around, look thru the articles, download the e-book, and begin to find what it is that excites them, what triggers an "ah ha! Or what seems interesting!" Discover what turns them off, what turns them on...

They can start to pay more attention to their breathing. Maybe practice some things they find in the articles, so that when they come to the seminar, they can say: "I did this and I tried that, and this is what happened." I think that is a good way to start. Also, invite them to come and do a guided session with you, and let them get a real taste of it before the seminar.

T. Ok. Good. You and I met in India. And you told me that you had a spiritual teacher in India. I think it was Babaji. Can you tell me more about why you went to India? What inspired you in India?

D. Yes, what we are doing is actually the same thing that many ancient yogis did. We are self-explorers. We are self-determined scientists. We are playing with the breath, in practicing and exploring different breathing exercises. Many others have done that before us. We can build on what they have discovered. How they have used and benefited from the breath.

India is a place that has a history of breathwork, of esoteric and yogic practices, Taoist practices, Buddhist practices, and so on. It's the home of many wise and accomplished spiritual seekers. It is very useful to be in that energy, to make some connections. Perhaps meet some old friends that we may have forgotten from past lives. I love India because it is magical in that way.

T. What has inspired you in your life Dan?

D. Well, I think the fact that my mother sensed she would never really understand me... that I was somehow connected to something and had a purpose in life that she could not fully define or understand... she gave me a very real sense of unconditional love and acceptance and support... I was free to go and do, and to walk my own path. I never felt that I was being forced to be any certain way, other than a good and loving person.

And my father gave me tremendous freedom. My biological father gave me freedom. He divorced my mother when I was three. She remarried and it was my step father who I always considered to be my father.

One day he confided to me that he thought that because he was not my real father that he had no right to make me do anything. He told me that when I was 18, and it caused me to look back on my life with him. I realized that whenever I was interested in something, he was very quick to support me in it. And he never once tried to force me to do anything.

He had beautiful skills in archery, and he loved nature, and he loved music, and so I got those things from him. In many ways I was blessed with a home atmosphere and a parental foundation, which was a combination of freedom and safety. It allowed me to become who I am. This was my early inspiration.

Also, one of my early teachers was Ram Das, Richard Alpert, a Harvard professor who went to India, and became a yogi. He was a Harvard professor but he sure didn't look like one! He didn't dress like one, he didn't act like one, he didn't talk like one. I have always loved people who were out of the box...

Without realizing it, he planted a seed in me: that it is ok to be outside of the box, and yet be very accepted by the mainstream... which is kind of important to all of us... acceptance... we don't want to be anti-social... we'd like to be somehow connected to the rest of the world, but also free to be who we really are. He showed me that it was possible.

And then of course, people like Leonard Orr who invented "rebirthing;" and Swami Rama who taught me prana yoga; and then ultimately Babaji the immortal yogi Christ of India. I was with him in 1980 when he was in physical form.

It was like meeting God in the flesh! Seeing what's possible... what is the ultimate human, the possible human... to actually be with someone who was able to model or demonstrate what is possible, beyond what we have been taught or believe to be possible. Those are some inspirations...

And every time I work with someone, do a session, and I watch in amazement as something really beautiful opens up in them... while doing such a simple thing as breathing... it inspires me continuously.

T. You are traveling a lot, doing workshops all over the world. Can you tell us some interesting thing that has happened in one of your workshops, or in a session, that can be inspiring to other people?

D. Yes... It seems to me that everywhere I go, people are the same; but maybe I just attract a certain kind of person, and so my view of people is that they are basically loving and that they are open and willing. Maybe I just attract that kind of person, but that is my basic sense about everyone. Yet people come from different walks of life.

For example here in Bucharest, on my last visit we had three air traffic controllers. Never at a seminar were there any air traffic controllers: suddenly three. This time we have stewardesses. People have a certain energy. They are vibrating at a certain frequency, with a certain spirituality, and yet they appear in any role and any profession. That is exciting to me.

In my visit to Cancun, where I met ridiculously wealthy and successful people: some of the "one percent-ers" in the world that everyone is disparaging and demonizing. I've met people in the one percent that are completely awake and clear; they are supporting life and other people and the planet in ways that those who do not have the financial resources could never do.

It is really wondrous. My first visit to Cancun, I didn't have any idea, I didn't know the people there. It was quite a few years ago. We communicated thru email. I got a lovely email from someone who said she had been given a message that she needed to contact me, and could I come to Mexico.

I had never been to Mexico and so I thought sure, why not? I'll go anywhere I've never been. She wrote back and asked: "What do you need financially in order to come?" I was already excited about going to Mexico just for the fun of it, and so I said, "well if you can take care of my travel and accommodations, I'll stay there for a week, and you can pay me \$1500 dollars."

If they were going to pay for my ticket and accommodations it was like a paid vacation, so I thought sure, yes. She mentioned that she supported an orphanage and there were many poor people and they did not have a lot of money; and so I said ok, just pay me \$1500 and you can gather 100 people or 10 people, or whoever you want and put me in front of them, and they don't have to pay anything.

She wrote back thanking me and said: "I booked you a room at the Ritz Carlton Hotel." And I thought: "Wow! The Ritz Carlton Hotel. That's pretty cool!" At the time, I had a couple of people who wanted to finish their practitioner training with me: Bill and Julie. They had written asking that the next time I was doing a program somewhere to let them know so that they might join me.

I went online and realized that the cheapest room at the hotel was \$450. And I thought: "Oh my God!" I wrote back to Yvonne, and said sort of jokingly: "hey instead of paying me \$1500 dollars, I'll camp on the beach... I'll bring a pup tent or find a little cheap hotel, and you can give me the money that you were going to spend on the hotel!"

She sent me back a smiley face in an email. Well, it turns out that their family owned the Ritz Carlton Hotel! I stayed in the presidential suite, where there are frescos and paintings from Italy, a marble

hot tub, and three people who put your slippers on in the morning! It was a real shift for me. It was a real gift... a very exciting and inspiring experience.

Working in prisons was very inspiring. I went to Bolivia many years ago, and I worked at the San Pedro Federal Penitentiary in La Paz... A really horrible prison where there were gang wars and shoot-outs with guns, and everyone was strung out on drugs. And yet I had 25 guys who came every day at 7:30 in the morning for five days while I was there. They lay down and breathed and really went for it.

I was so inspired, that even in an atmosphere like that, there were genuine seekers, people who really wanted to change and grow. They were struggling with very serious stuff. That experience was really powerful for me... Lots of cool things happened there...

Up in Yellowknife, in the Northwest Territories of Canada: I arrived there on a February morning and it was 40 below zero. It was a very rough and rude atmosphere. But I met these wonderful indigenous people, people from the different tribes up there.

We did a breathing session on a buffalo skin that would take up the floor of someone's living room. I never realized how huge a buffalo skin was. The fur was six inches deep. Walking on it was like walking on this unbelievably thick carpet. Laying on that and breathing on it was such a magnificent experience.

And breathing in those extreme temperatures gave me some real practice at using my breath to generate heat, and to be comfortable in extreme atmospheres. There have been so many really great opportunities and inspirations along the way.

T. Thanks Dan. Do you have some negative experiences connected with breathing around the world?

D. I really cannot say that I have. In my own process of learning and being willing to be out of the box, I think that at times I could have been a bit less cavalier about some people's boundaries... which pissed them off maybe... I have at times deliberately alienated some of my peers because we had such strong disagreements about certain things. But any negativity that I experienced, I can say that it was definitely self-created.

Nothing negative has ever happened to anyone who has practiced breathwork with me. There may be some who would say that they did not appreciate some of my lack of boundary issues along the way, when I was not so conscious. But no one has ever really been harmed. Breathing is one of the safest things in the world when you think about it. Not breathing! That might be a bit dangerous!

T. Ok, one or two more questions and we are finished. So, what is going to be happening in Ljubljana, in Slovenia, at the workshops? Do you know?

D. Well, we can do an intensive breath mastery training. So that those people who are ready and willing, can in a relatively short time go very deep and very high, really fast, and get a lot of

experience under their belt. They will have a good foundation to not only continue on their own, but also to help and coach other people.

If you can create a benefit for yourself, someone will notice that and they will ask you what it is that you did, and then you will find yourself in the role of teacher. I would like to use this visit to get people who may or may not want to be practitioners to at least be in a position where they can intuitively and confidently begin to share some of the basics.

We can come up with a number of themes that may be popular or wanted there... connecting breath to weight loss, or stress, or sports performance, or anything like that. Let's give something very pure, so that if they are doing other things like massage or bodywork or counseling or therapy or anything like that... they can integrate breathwork into whatever they are doing... their creative work, their healing work, athletic competition... anything like that...

Going deep and getting high... finding ways to embody our higher self... finding ways to trigger or activate inner resources so that we can accelerate our personal growth, our evolution, our awakening.... That would be my passion, my excitement!

T. Do you have any message for people... a universal message, your final message?

D. Well, everyone is looking for solutions to their particular issues or problems or challenges. And we can get caught in the idea that things are a lot more complicated or difficult than they are, and that they require much more time than they actually do. In fact, the most powerful things are always the most basic. The most powerful things are always very simple and basic.

What is more simple and basic than breathing? It is literally right under our nose. We overlook it—the power of it. We underestimate the power of it. When we set aside some time to explore the power and potential of breathing, we can surprise ourselves at how quickly things can come together and move forward. A certain ease and clarity can come to us.

I'd like to encourage people to realize that the breath is exactly like that. It seems really obvious, it seems really simple, and people may be quick to say: "Oh come on... breathing... what can that do?" I'd encourage people to get over that, and to dare them to come and explore and experience the power and potential of breathwork for themselves. Then they won't need to be convinced; they won't need to believe anybody. They can have a direct, cellular, biological experience of the power of breath. They will not need any convincing after that!

T. Great! Super! Thank you.

D. Thank you.