

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

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!

Important note about this book:

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

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!”

“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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PART 1

The Upwave Interview

Susan Fishman a journalist doing research for “UPWAVE” (Turner Broadcasting’s web-based Health and Lifestyle Channel) sent Dan four questions:

- 1. Is there a proper way to breathe, in terms of everyday normal breathing?**
- 2. What is the wrong way to breathe?**
- 3. What benefits can we see from proper breathing and/or deep breathing techniques?**
- 4. Can you share an example?**

What follows are Dan’s responses.

First, I'd like to reframe your first question, because the word "proper" and the term "normal" gives rebellious people like me the heebie-jeebies!

"Proper" means, appropriate, fitting, polite, good, correct, right... Maybe my inner child suffers from vocabulary trauma, but the word "proper" carries such a charge for me!

"Sit up straight, keep your elbows off the table, sit still and be quiet, mind your manners, don't laugh, don't cry." Yikes! Who can breathe fully or freely, or naturally, when they are worried about such things?

"Normal" means: usual, typical, ordinary, standard, customary, average, habitual... There sure isn't much room to breathe there either! Normal feels boring—even stifling—especially for those of us who were born to be bold, original, pioneering, innovative, creative, or exceptional!

And so my quick answer to: "is there a proper way to breathe?" would be, "no! Heck No!"

I am more interested in what is "natural" and/or "optimal."

But I'll try to behave, considering the spirit in which the question was asked, if you'll try to forgive me for railing against orthodox, traditional, conventional, status quo, in-the-box thinking, or anything that has the potential of choking off the spirit in people!

By the way, the word "spirit" forms the root of these words: "inspiration," "expiration," and "respiration." That's not a coincidence. If you think about it: breath and life. The flow of breath and the flow of spirit are basically synonymous.

Speaking of stifling our spirit, let's look at yawning: a perfectly natural and healthy—in fact a vital—breathing reflex. And look at what society and culture have done with that!

It's considered impolite, inappropriate. It means we are bored or tired. It can even be taken as an insult! And so what do we learn to do? We learn to suppress it, inhibit it, block it, hide it, and disguise it!

I advise people to yawn a lot, to yawn on purpose, to yawn often and deliberately, because it's good and proper, and natural and healthy. And it feels good too! Anyway... I rather think in terms of natural, rather than proper.

Everyday life has its ups and downs. We are involved in many different activities, requiring different levels of energy, focus, and so on. And therefore we require different ways of breathing. For example running up a hill requires a different kind of breathing than relaxing in the park.

“Good” breathing is such that the breath is free to change and adjust to the ebb and flow of our energy, and the ups and downs of everyday life. Our breathing should be full and free, not stuck or blocked, or locked into any set pattern. It should be alive, responsive, changing, fluid, flowing...

One of the first things we need to do in order to become healthier or more optimal breathers is to develop “Breath Awareness.” In other words, we need to cultivate the habit of tuning into our breathing—observing it, paying attention to it.

We need to do this at different times, during different activities—in order to learn how breathing affects and is affected by physical activities as well as our emotional and psychological states.

Do you hold your breath when you are trying to put a key in a door? Do you hold your breath when getting up from a chair? Do you hold your breath when trying to remember something?

How do you breathe when you are feeling very calm, peaceful and content? How do you breathe when you are upset, angry, afraid or in pain?

It's important to bring awareness to your breathing at these times because the way that you breathe—consciously or unconsciously—will either enhance, support, exacerbate, lessen or relieve those things—in the short and long term.

How do you breathe when you are enjoying music compared to when you are struggling with a math problem?

Very differently, right?

How do you breathe when you are being insulted, versus when you are being praised?

Very differently, no?

Every psychological, emotional and physiological state has a corresponding breathing pattern or quality. When our state changes, our breathing pattern changes.

And vice-versa: by changing our breathing pattern, we can change our state. Get control of your breathing and you get control of yourself.

Children unconsciously learn the inhibited breathing habits and patterns of their parents and the others around them.

The odds are that your parents were not breathing “properly” at all! And if the child grows up to become a musician, he or she may have to un-learn certain breathing habits and re-train their breathing mechanism if they want to excel in their chosen vocation.

Just about everyone lives with sub-optimal breathing habits and breathing patterns. In fact, it has been shown that poor breathing habits are an underlying cause of many health problems.

A popular idea about “proper” breathing—with which I agree in general—is that we should breathe through our nose.

The nose was meant to breathe through. Nature designed it for that purpose. It has hairs that filter dust. It has tissues that moisturize and condition the air, warming it or cooling it. It has structures that spiral the air before it enters the lungs.

To breathe through your nose is to be in harmony with nature’s design, and so nose breathing can be considered “proper.” But, have you ever tried to laugh or cry thru your nose? Can you speak or sing or whistle thru your nose?

Mouth breathing really ain’t a bad thing! In some situations, it can be considered quite proper. More than proper: sometimes it is necessary!

Chronic hyperventilation or over-breathing, and its opposite habitually inhibited or restricted breathing, from a health point of view, are each “wrong.” Both those patterns trigger the fight or flight “stress” response. And they result in a host of negative and debilitating effects.

A sigh of relief happens thru your mouth: and that is very good!

When we are in a state of pain, we hold our breath. When we are afraid or in shock, we hold our breath. Then when the pain goes away, or the fear passes, what happens? A sigh of relief!

We don't make it happen, we don't think about it. It happens by itself. It is naturally triggered by the positive change in our state.

Have you ever seen a person who was locked in tremendous pain or paralyzed by fear take a big soothing sigh of relief? I doubt it. Those crisis states and a soothing pleasurable sigh of relief are like oil and water: they don't mix.

And so what do you think would happen if you could give yourself a big luxurious soothing pleasurable sigh of relief when you feel afraid or in pain? Something would have to give. The pain or the fear would have to leave you!

A sigh of relief sends a powerful message to our lizard brain—that ancient part of our brain that monitors every breath we take—that frog brain that sees life in a very simple way: “Do I eat it, or will it eat me?” “Do I mate with it, or do I run from it?”

A sigh of relief, consciously and deliberately practiced from time to time throughout the day, sends soothing signals to this ancient part of our brain, to our nervous system, and to our subconscious mind, and it re-sets our nervous system.

When we consciously muster up a big luxurious sigh of relief, we shift our state away from fear and pain and toward comfort and pleasure, peace and calm.

Our breathing system is the only system in the body that is both voluntary and involuntary, both conscious and unconscious.

That is not an accident; that's not a coincidence. It's an

opportunity, an invitation, to take part in our own evolution, to determine our own nature!

We can look at breathing as an untapped natural resource. Most people have no idea of the power and potential that conscious breathing holds.

The breath can be used as a tool, a force, or a bridge. It can be used for health, growth, and change... in body, mind and spirit.

You might by now have guessed that Breathwork is my passion (pass-I-on). It's also my profession (profess-I-on). Breathwork may be the most "holistic" of all holistic approaches to health and wellbeing—the most powerful approach to body-mind healing.

"Breath awareness" and "conscious breathing" are proper, good, and healthy because practicing this puts us more in tune with our spirit. We can learn to breathe in ways that strengthen and soothe, support and enhance, change or even transform us.

On the "bad" side of the spectrum would be anything approaching sub-optimal breathing, anything that interferes with the free, full and natural flow of the breath.

One of the main things that disturbs natural breathing or interferes with optimal breathing is physical tension: especially in the jaw, neck, shoulders, chest, spine, belly and pelvis.

Breathing can also be considered proper if it optimizes oxygenation, cell function, metabolism, and the release of toxins.

In order for any living organism to survive and stay healthy, it must eliminate wastes. In our case, 3% of metabolic waste is eliminated thru defecation; 7% thru urination; 20% thru perspiration; and a whopping 70% thru what? Respiration!

So if you think that regular bowel movements are important, and working up a good sweat from time to time is healthy, then you also need to think about the importance of breathing!

One popular idea is that “deep breathing” is proper breathing. However, there is a lot of misunderstanding, misinformation and hype about deep breathing, and about how deep breathing “super oxygenates” your blood.

The fact is that unless you suffer from some severe pathological condition, your blood is already about 97% or 98% saturated with oxygen. So, it really doesn't make much difference how much more you huff and puff.

And deep breathing, if it involves hyperventilation, results in the blowing off of too much carbon dioxide. CO₂ is a key to oxygen delivery.

So, hyperventilation (over-breathing) actually decreases the oxygen supply to the cells and tissues of the body!

(See the articles on breathing chemistry “CO₂: Good For You And Tasty Too” at: <http://www.breathmastery.com/breathmastery-inner-circle-membership/>)

Conscious breathing—the practice of breathwork—acts to normalize breathing chemistry. It supports us in living longer. It helps us remain healthy and fit.

“Wrong” breathing or sub-optimal breathing as I prefer to think of it, results in inefficient metabolism and premature aging.

Improper breathing means our cells are not nourished, our sleep is disturbed, we have unnatural cravings, we suffer from a poor

quality of life, we have no energy, and we increase the likelihood of many diseases and illnesses.

Technically or practically speaking, one wrong way to breathe would be to chronically use accessory muscles—neck, back, shoulder muscles—or any muscles that are not meant to be involved in the breathing process...

Breathing in the “right” way has many benefits on many levels. We can move out of inflammatory states; we can activate and support the body’s innate wisdom. We can generate authentic energy versus ‘adrenalized’ energy...

Proper breathing supports the body’s natural ability to heal, renew, repair and recover... Proper breathing strengthens the immune system. And it supports clarity of thinking and feeling.

Anyone can learn to apply remedial breathing for asthma, anxiety, pain management, chronic fatigue, high blood pressure, weight loss, headaches, insomnia, depression, allergies, and auto-immune diseases, and much more.

And so, yes there are proper ways to breathe... if proper means breathing in ways that enhance and improve our wellbeing, if it means helping us achieve or maintain higher, more resourceful emotional, psychological and physiological states of being.

When it comes to breathing, I believe that we need to explore alternative approaches, new techniques. I encourage people to change their breathing habits, to learn and practice new ways of breathing.

I do my best to persuade and encourage people to discover, explore and develop breathing abilities they don’t know they have.

Exploring The Art And Science Of Breathwork

I love showing people how they can consciously change their breathing habits and patterns in order to get free of stress, fear, anxiety, lethargy, ennui, and to awaken their innate creative and healing energies.

I help people break out of their old breathing habits and unhealthy patterns, and to experiment with remedial or therapeutic breathing exercises and techniques.

Here are just a few examples of people who have gained benefit from Breathwork:

Linda lost 50 pounds in a year with no exercise and without changing her diet in any way. She also healed herself of deep anxiety and unhappiness.

Pierre eliminated his stuttering and got comfortable with public speaking. He cleared his anxiety. He was able to relate his chronic shoulder tension and pain with the death of his father... a profound insight into a long-standing condition. A competitive cyclist, he dramatically improved his sports performance.

Grace eliminated four out of five of her blood pressure medications. At 70 years old, she is now qualifying for her pilot's license.

Penny could not breathe thru her nose. From childhood, she suffered with sinusitis, bronchitis, and allergies. At the age of 27, with six months of conscious breathing practice, her chronic sinusitis, bronchitis and allergies completely disappeared, and have not returned. With a year of practice, she could breathe fully and freely thru her nose for the first time in her life.

Helen permanently eliminated her chronic tension headaches in less than a month of conscious breathing.

Naynesh rid himself of panic attacks and chronic anxiety with only three conscious breathing sessions.

Julia healed herself of chronic debilitating asthma in six months.

John healed himself of eczema and psoriasis after 10 years of suffering with it.

An interesting piece of information:

Have you heard about Stig Severinsen? He recently broke his own Guinness world record of 20 minutes, by holding his breath under water for 22 minutes!

He did not do it by concerning himself with what is proper or normal! He accomplished it thru deep practice—and by relaxing into and thru the feelings and sensations that arise when we hold our breath.

Now, unless you are a free diver or stuck in a smoke-filled building and looking to escape without inhaling deadly toxins, holding your breath for great lengths of time is probably not very high on your list of desired skills or abilities.

However, everyday stress and anxiety are directly related to certain feelings and sensations in the body. By learning to breathe and relax in the presence of those feelings and sensations, we discover that we can dissolve or overcome anxiety and stress.

Part 2

Eight Questions About Breathing

This interview with Dan Brulé was conducted in June of 2014 with Lithuanian journalist and spiritual seeker Ieva Pieva. She started with these eight questions:

- 1. What is the effect of Conscious Breathing? What difference does it make in life?***
- 2. What Breathing Techniques do you teach?***
- 3. How do we control our emotions by controlling our breath?***
- 4. What is the influence of Conscious Breathing on Health? What is the impact? How does it relate to health and healing? What diseases or illnesses can it heal or prevent?***
- 5. What is the influence of Conscious Breathing on sport performance, on aliveness and energy? What can be controlled through breathing? How does breathing relate to job performance at work?***
- 6. How does Conscious Breathing influence creativity? How is breathing related to freeing our mind and to making our thoughts and ideas more pure, and how does it help us to realize our goals and intentions?***
- 7. How do we utilize breathing in managing stress, anxiety, or nervousness? How should we breathe in those moments?***
- 8. How should we breathe in the morning to make waking up easier? How should we breathe before going to bed at night to fall asleep more easily and sleep more peacefully?***

What are the effects of conscious breathing?

DAN: When we become more conscious of our breathing, we become more conscious in general. And consciousness is the highest human capacity. It is our essence. And so conscious breathing helps us to contact our essence, to connect with our spirit, with our source, to become more whole.

By being conscious of our breathing, we can control our emotions, our chemistry, our behavior, and our psychology.

Breathing connects our unconscious mind with our conscious mind. It connects the most ancient part of our brain with the most advanced, or the most recently evolved part of our brain.

And so, with conscious breathing, we can influence our evolution! We can accelerate it!

With conscious breathing we can influence our immune system, our endocrine system, our nervous system, our circulatory system, our digestive system.

It is actually amazing what we can accomplish with breath! We can become more relaxed, more energized, more balanced, more alive!

Breath connects body and mind. It helps us to become more whole, integrated. We can use the breath to perform better, to be healthier, to achieve our highest potential, to reach ultimate human potential!

What breathing techniques do you teach?

DAN: I teach so many breathing techniques, breathing exercises, and breathing meditations. But there are some basic or fundamental things that I teach everyone.

And there are specific things I teach to people depending on their individual level of health, degree of skill, and purpose or goals in practicing.

For example, I would teach different things to a world class athlete in perfect condition, compared to an ill or elderly woman in bed.

The basics of Breathwork are: Breath Awareness and Conscious Breathing. These are the two main aspects.

Breath Awareness means watching, observing, sensing, or following the breath: not doing anything to it or with it.

Conscious Breathing means breathing deliberately, in a certain way, with a certain intention. It means giving the breath a certain quality or rhythm, pattern or feature.

And there are Three Convergences in Breathwork:

1. I teach people to combine breathing and consciousness, since most of the time people are not conscious of their breathing.
2. I teach people to combine consciousness and relaxation, to use the breath to relax more deeply, more completely, and in more situations and circumstances.
3. We combine deliberate relaxation and conscious breathing to achieve a certain "energized calm," a certain "dynamic peace."

This is difficult to put into words, but it's an experience that changes one forever. It's beyond understanding!

I teach Transformational Breathing Techniques and Exercises!

IP: *Why don't we breathe naturally as it is needed, and when we are born?*

DAN: It is always said that babies breathe naturally or perfectly... In fact, a small baby has not yet completely developed all of his or her breathing muscles. But yes, they do breathe naturally.

In other words, they have not learned to interfere with their nature. But as shocks and traumas and fears and pains begin to happen, changes begin to happen inhibitions, blocks, etc. occur in the breathing.

Tensions restrict the breathing. Fearful or painful emotional, physical or psychological states interfere with the natural flow of the breath.

Thus, begins a process that can develop and worsen thru life. As adults, we try to regain or reclaim that original purity and perfection, that natural ease and flow.

We use breathwork to do that, to release traumas, to heal and recover from early childhood events that inhibit our spirit.

Things like guilt and shame can restrict breathing. And if a child holds back an emotion or their expression, they do so by holding their breath.

And so, the habit of "breath-holding" can be set up—unconscious holding of the breath—in order to hold back emotions or expressions. We use breathwork to heal that.

IP: You teach transformational techniques. What do you mean—transformation from what into what? Do you mean from an unconscious person to a conscious one, or some other things?

DAN: Transformation means change but change so deep and permanent that it affects others. We are capable of so much more than we realize, or have been taught, or believe is possible.

Transformation can mean changing from someone who feels like a victim, into someone who feels they are the master of their reality.

It can mean awaking human potentials, for example powers and abilities we read and hear about in the great mystics, masters, gurus, saints. We all have those same potentials. Transformational breathing can change us from "ordinary" to extraordinary!"

IP: Wow! Got it. Yes. So clear.

How do we control our emotions with breathing?

DAN: If you observe yourself and observe your breathing, you will notice that you breathe differently when you are at peace, rather than upset. You breathe differently when you are happy compared to when you are sad; afraid versus calm, angry versus pleased.

Every emotional state has a corresponding or associated breathing pattern or quality, rhythm or feature. When your emotional state changes, your breathing changes. And it works both ways: when you change your breathing, you can change your emotional state!

That's why the yogis practiced regulating their breath: in order to regulate their mind and emotions. If you are in a panic, you can control or change that emotion by controlling your breathing.

And there are certain breathing patterns or rhythms, or qualities associated with high ecstatic blissful states; and when you learn those and practice them, you can reach those high peak states at will! Pretty cool, eh?

IP: Yes! So, you mean that if I am angry, I can start to breathe as if I am calm, and then my anger won't affect me so negatively?

DAN: Exactly!

Of course, it may take practicing a few times to really get your energy to shift. But yes, if you know how you breathe when you are calm and happy and at peace... and if you breathe that way when you are angry or upset, you will absolutely change your emotional state.

***What is the impact of breathing on health?
What diseases or illnesses can be healed with breathing?***

DAN: Ah, the influence on health... Blood pressure can be lowered... very useful if high blood pressure is a problem! Stress: this is a killer. It causes many illnesses. This can be eliminated with breathwork.

Asthma is directly connected to how we breathe, and so it is an easy one to help and heal. Anyone can be trained to lessen their symptoms, or even eliminate their asthma all together.

Certain breathing exercises can influence production of hormones. That is a big effect, on the chemical level. Remember that oxygen is the basic fuel for the body, so the better we breathe, the healthier we will be.

Carbon Dioxide (CO₂) plays a very important part in our health. The proper acid base balance in our body is crucial to good health. “Runaway” breathing can upset our pH balance. And it follows that by controlling our breath we can restore our pH balance.

Certain diaphragmatic breathing exercises can support digestion and elimination. Breathing exercises help with intestinal problems and gynecological problems.

The massaging action of the diaphragm helps all the abdominal organs. The heart sits on top of the diaphragm, and so we can also support the heart with focused breathing.

Here is a cool fact: Every living organism must eliminate waste if it is to survive. In humans, 70% of metabolic waste is eliminated thru respiration! So breathing is more than important to health—it is vital!

IP: *So, breathing helps balance pH?*

DAN: Yes, it helps with the regulation of pH—directly. The lungs and the kidneys work together to maintain the perfect pH balance. We can’t control our kidneys, but we can support them by controlling our breath

How does breathing relate to exuberance and energy? How does it influence performance on the job and in sports?

DAN: First, about performance... Notice what every athlete does just before they dive, jump, throw, kick, etc. They breathe! They take a breath. It helps with focus; it helps with energy; and so it helps with performance.

Conscious breathing helps us regain balance, helps us to become more centered and focused. It is a way to settle our stomach, to

clear our head, to calm our nerves... And so breathwork is directly used to enhance and support performance.

It is used in the same way in martial arts, in singing... and many creative endeavors. The connection of breathing to energy is direct. This energy has many different names in different cultures: prana, chi, ki, life force, spirit... It's all about breath!

The next part of your question is, *“What can be controlled thru breathing at work?”*

Conscious breathing can get energy moving when we become dull or tired. It can relax us and help us recover if we get upset at our boss! We can use it to pause before speaking or reacting.

Breathing affects our posture, and when we take time to breathe consciously, we find ourselves sitting and standing straighter. This improves work performance and it reduces fatigue.

The connection between breathing and creativity is simple. The creative process involves bringing together energy and consciousness. Both are needed in order to create anything, and both come together in breathing.

Whatever we focus on while we breathe, we give life to it. We manifest, materialize, or crystalize things into reality thru the power of breath. The mind gets its energy from the breath. It is pure creative energy—the energy of life itself.

Thru breathwork, we are able to generate more energy, to accumulate it, channel it, and distribute it... And so, when we breathe consciously, we become more powerful and creative!

We also use the breath to let go of tension, and release blocks to creative energy. And we can use the breath to release limited and negative programs and conditioning.

Remember, that for the first few years of our life, we were basically in a hypnotic trance. We had no discriminating consciousness. Everything was directly downloaded into our subconscious mind.

As a child, we received programs that limit who we are. And breathwork helps us to dissolve and drop those programs. It helps us to upgrade the software in our bio computer. When our breathing becomes freer, our thinking is freer.

We can expand our consciousness with breathwork. Breathing helps us make the longest journey in life: from our head to our heart—about 15 centimeters, I think!

When we can come from our heart, we have much greater human potential, much more creative potential. And by using the breath to open our hearts, our thoughts become more loving, more pure, more in line with the divine mind!

How can we utilize breathing to manage stress and anxiety?

DAN: We utilize breath to manage nervousness and stress in one general way: “low and slow.” That is, focus your breathing low in the belly, and breathe more slowly.

This is the anti-stress/anti-anxiety breathing formula: low and slow. Breathe in thru the nose and imagine "sucking" anxiety out of your body... Then breathe it out of your system thru your mouth.

IP: You mean also that women should breathe with the belly?

DAN: Oh yes, breathe in your belly woman! Many women think they need a flat belly, and so they block the breath by freezing that area... forcing the breath high into their chest, where it activates the fight or flight response!

Breathing into your belly puts you in touch with your power. This is also the center of gravity in the body. Breathing into your belly makes the body feel safe.

Breathing into the lower belly also activates sexual energy. Many ecstatic, orgasmic, tantric experiences can be reached thru breathing! Breathing consciously can heighten sexual the experience, taking it to a higher level.

And many women are afraid of this power, this energy. **If you have too much sexual energy, other women react negatively toward you.** And it can also activate animal instincts in men and attract unwanted attention—another reason to block this energy.

DAN: Yes. "Who do you think you are?" "How dare you attract my man!"

Society, culture, religions lay heavy judgments and controls on this vital life force energy. But this loving, creative, healing energy needs to be gently awakened and allowed to flow thru us fully and freely. And this is one of the main benefits of Breathwork.

IP: I think women breathe with chest not just because of flat belly; there should be other reasons.

DAN: Yes, there are many possible reasons. Women are more emotional, and many emotions live in the chest! Sometimes to avoid certain energies or feelings... Sometimes to make them feel more alive... What other reason do you think?

IP: *People are lazy, and it's less work to breathe with the chest.*

DAN: Actually, using chest muscles wastes energy. It is more economical and efficient to use the diaphragm, which contracts and relaxes by itself with each breath.

This means we don't need to expend any unnecessary energy. When we breathe in the chest, we often use chest and shoulder and back and neck muscles.

IP: *Should a person control their breathing while having sex?*

DAN: Not so much "control." That might not be the right word. Move the breath, yes. Don't hold the breath. Breathe fully into the feelings. Breathe together with your partner.

And there are many other specific tantric exercises using the breath to enhance the experience, to spiritualize it...

***How would you breathe to wake yourself up in the morning?
And how would you breathe to better rest and relax at night
before sleep?***

To wake up in the morning, breathe in a fast and powerful way for a few minutes. Charge yourself with energy. Breathe consciously into every cell of your body.

To help with sleep, breathe slowly and smoothly, giving yourself gentle sighs of relief while relaxing your body.

IP: *So, before sleep I should breathe low and slow, to get rid of any bad emotions?*

DAN: Yes. And when you let go of the exhale, let go of all your muscles. Don't rush into the inhale... Deliberately enjoy the feeling of relaxing on the exhale... Make soothing noises like pleasurable sighs of relief...

IP: *Like an exhale with a sound: Hmmm... Ahhhh...*

Yes, use the sound of pleasure... as if you were soothing a child. Your brain and nervous system will get the message.

Breathing is like swimming or riding a bicycle. You have to jump in the water or jump on the bike. You can't learn breathing from a book or a conversation. It requires practice. But like balance or swimming, once you "get it" you never lose it. You've got it for life!

IP: *Yes. Wait! Can I ask you my favorite question?*

DAN: Sure.

IP: *What are people doing wrong nowadays in their lives? There is so much stress, cancer, other health problems; especially psychological problems. People do not know what they want, or who they are. Or does it just seem so? Did earlier people have these same problems?*

DAN: It's the same old problem: Unconsciousness. People don't have a conscious connection to their spirit. The limiting, negative thoughts and forces around them influence them.

And these days people are not as in touch, or connected with nature as in the past... They are in a way, disconnected from life, from God you could say. They are not conscious of their divine nature.

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And the ego—the sense of a separate self—has become quite big and powerful, captivating and dominating these days—enhanced with all kinds of technology.

And people are not so in touch with their bodies or their feelings, or their intuition these days either. And this keeps them struggling, suffering.

But all this can be changed with conscious breathing, with breathwork, with spiritual breathing. It can be eliminated with transformational breathing techniques.

That's why I am so passionate about it! (passion = “pass-I-on”)

PART 3

How Breathwork Can Relax and Energize You In Body, Mind, and Spirit

- Breathing your way home: waking up to who you really are
- Breathing to clear your head, settle your stomach, calm your nerves, and open your heart
- Using breathwork to change your psychological, emotional, or physiological state
- Letting go: a basic skill, and one of the first steps toward breath mastery
- Breath awareness leads to the awareness of much more
- Connecting to the earth, nature, and to higher dimensions
- The practice of Spiritual Breathing
- The main goal and the natural outcome of deep practice
- Using Breathwork to open to, and remain in, the most resourceful states
- Self-empowerment and personal readiness

Breathing Your Way Home. Waking Up To Who You Really Are.

We all love the feeling coming home. It's a wonderful feeling, this feeling of coming home. It's a great sense of freedom when we can have this feeling of coming home everywhere, all the time.

And it's a tremendous experience of freedom when we can take this feeling of coming home to a really deep level: that is coming home to who we really are, coming home to where we came from, and why we are here.

I am interested in optimum health. What is the maximum potential? What is our peak potential? What is our ultimate potential? We are all capable of much more than we have been led to believe, more than we think.

Every now and then, someone in history breaks free of the mass mind, breaks out of the ordinary, and achieves something really extraordinary. In fact, everyone is meant to do that.

But for the first few years of our lives we are given programs that limit who we are. These programs limit how we look at ourselves, how we look at each other; how we think about life and the world, and what we believe is possible for us.

So, I'm traveling around the world offering an experience or an opportunity to let go of some of those limitations, to clear out of us some of those programs, the conditioning that limits who we are. In the process of doing that, we move closer and closer to our ultimate potential.

There are many methods of 'waking up' to who we really are.

The Buddha talked about it in that way. When they asked the Buddha: “Wow! What happened to you? What happened to you?” He said: “I was sleeping, and I simply woke up.”

There are many technologies and methods for waking up to who we are. Being basically a lazy person, in my life I have searched for the easiest way. It has to be easy enough for a child to do it.

If we have to work to get there, we’ll probably have to work to stay there. If however we can somehow get there through simply breathing, well, that makes the journey really easy.

And so, that’s the focus of my work: conscious breathing. It’s using the breath as a tool, using the breath as a force, using the breath as a bridge... for health, for growth, for change, in body, mind and spirit.

We can use our breathing to wake up to who we are. We can use our breathing to let go of any limitations, blocks, or fears, and any programs or conditioning that prevent us from self-realization.

We can use our breath in very simple ways to relieve stress. We can use our breath to eliminate anxieties and fears, to get rid of pain. That’s exciting when we can find a way that doesn’t rely on drugs, or depend on other people, or complicated methods, or expensive systems.

We can find something in us that’s already there and begin to develop it. We can discover this inner ability, explore it, and develop it, and then apply it in whatever way our lives require.

Using Breathwork To Clear Your Head, Settle Your Stomach, Calm Your Nerves, And Open Your Heart

Breathing is probably the easiest, most direct way to clear your head when you cannot focus, when you are distracted, when thoughts are churning, and disturbing you.

With practice, one or two breaths can clear all that, and bring you back to some still point, to some central point, some point of balance.

You can use your breath to settle your stomach. When you have that churning in your stomach... when you feel some anxiety or some discomfort. With a few breaths you can settle your stomach.

You can calm your nerves when you get agitated or irritated, or when someone has upset you. With a couple of breaths, you can calm your nerves.

Breathing is an amazingly simple and powerful tool that we can use to clear our head, settle our stomach, and calm our nerves. It's the most amazing and powerful way to open our heart. That is important in the world today: to be able to open our hearts.

It's interesting that people talk about their heart as if it's something that they need to protect, something that they believe can be broken—when actually our heart is the most powerful part of us. It's the part of us that least needs protecting.

The process of opening our heart might be scary. We often experience a sense of being vulnerable. But that leads to some tremendous power. Probably the longest journey we need to make in life is the 15 centimeters from our head to our heart.

It is no accident that breathing is taking place right around that area. As we use our breath to open and expand, to let go and relax, something's happening in that heart center. We are tapping a powerful source within us.

That's my passion, that's my profession. Loving is my living. I make my living by practicing love. It's not romantic love. It's something more. It's conscious active all-inclusive unconditional love. And when we begin to apply that love to ourselves, something in us opens.

I have traveled to more than 40 countries in the last 35 years; and people ask me: "Are the people in Russia different than the people in Mexico? Are the people in Africa different than the people in Lithuania?"

And on the surface, yes, everyone is different. It's beautiful. It's like being in a garden filled with all these different kinds of flowers. But the deeper we look into each other, the deeper we look into ourselves, the more everything comes together.

At some point we reach this state of oneness, this state of unity. We are all one. There is one being in the universe. There is one life in the universe. There is only ONE energy in existence. And we are all unique expressions of that one energy.

The game for me, and a useful practice, is to keep one foot in each world: to play on this level of differences, personalities, nationalities, and so on—but also to be grounded in a real living sense that we are all truly connected.

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And there is a part of us that won't settle for less. There's a part of us that knows that it's true, and knows that we need to be living from that place. It's not just a philosophical or intellectual idea, it's a living experience and breathing gives people that experience.

Using Breathwork To Monitor, Regulate And Change Your Psychological, Emotional, Or Physiological State

Breathing is the only system in the body that is both completely automatic and completely under our control. It's totally voluntary and it also happens by itself.

That's not an accident. That's not a coincidence. That's an invitation. That's an opportunity to take part in our own nature, our own evolution, to play a creative role in our own existence.

As we play with the breath, we discover that breathing patterns are like fingerprints. Every psychological state, every emotional state, every physiological state has a corresponding breathing pattern, has an associating breathing pattern.

When you are angry or upset or afraid, you breathe differently than when you are calm and relaxed and happy. For everyone of those states there is a certain signature breath that goes with it; and if you can identify that breathing pattern, you have a key to move yourself from one state to another.

When your emotional state changes—when you go from a state of fear to a state of comfort—something changes in your breathing. When you are in pain you do not breathe in the same way as when you are experiencing comfort.

When you move from a state of pain or fear to a state of comfort or safety, something happens to your breath (a sigh of relief). We can observe that. We have all experienced that. The breath automatically reflects and expresses the change in our state.

And magic happens when we realize that it works the other way too: by changing the way we breathe—and specifically by engaging that “sigh of relief,” by using it consciously—we can move ourselves from one state to the other.

To discover this magic, we teach this practice of “Breath Awareness.” It’s tuning into your breathing. It’s the practice of meditative awareness. What are the details in the breathing? When the breath comes in and when the breath goes out, what exactly are those sensations?

Turning our attention inward and focusing on those sensations: that’s a way of meditating. It’s actually a meditative practice. There are many details in the breathing that you’ve never noticed, and some of those details are really important. They are a key to a new consciousness, a new way of being.

We can unlock some of the potential in us simply by turning our attention inward on a regular basis, and focusing on the feelings of breathing... the movements that occur in breathing... This process quiets the mind; and when the mind becomes quiet, we begin to notice things that we hadn’t noticed before.

We also use the breath to release tension. As you practice breath awareness you automatically become more aware of many other things.

The more aware you are of your breathing the more aware you are of tension in your body, the more aware you are of your reactions, the more aware you are of automatic habits of thinking.

And becoming aware of those things puts you in a position to change, to heal, and to grow.

***Letting Go: A Basic Skill,
And One of The First Steps To Breath Mastery***

One of the basic skills that we teach and that we practice is “Letting go of the Exhale.” It is learning to snap the exhale loose, to let the exhale go, to set the exhale free. As we let the breath go, we begin to practice letting muscles go at the same time. We let go of the breath and we let go of tensions.

This practice of letting go is the first step in moving towards who we really are. We cannot go forward until you let go of where we are now. And so, this ability to let go is the first step in the process of transformation, of awakening.

If you cannot let go of your breath, don't be surprised if you cannot let go of tension and physical pains. But if you can let go of your breath, if you can master this ability of letting go of the exhale, then you will surprise yourself with what else you can let go of. You can let go of physical pains; you can let go of physical tensions.

If you cannot let go of your breath don't be surprised if you cannot let go of fear, of anxiety, or stress. But if you can let go of your breath, then you can let go of fears, you can let go of anxieties, and you can let go of stress.

If you cannot let go of your breath, don't be surprised if you cannot let go of thoughts that are turning in your head, which you can't seem to get free of.

With practice, you find that in letting go of the breath, the breath seems to take with it that which you want to release or get free of. It's as if the breath serves us in that way.

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Lots of things that we are struggling with, lots of things that we are trying to figure out how to fix, how to change... a lot of that stuff will just fall away... it just drops away by itself when we develop a certain knack related to breathing.

Breath Awareness Leads To The Awareness Of Much More

We practice breath awareness; and the more aware we become of our breath the more aware we become of everything. When I close my eyes and tune into the subtle details of my breathing, I am becoming more aware of subtle movements, sounds, feelings.

When I open my eyes and look at something, I'm more aware of whatever else I'm looking at. The more aware I become of my breathing, the more aware I become of everything.

The more conscious I become of my breathing, the more conscious I become period. The more conscious I am of my breathing the more conscious I am in general. That is very useful in life, to be aware, to be conscious of certain things. Awareness can save your life!

There are amazing and beautiful dimensions of life that we are not aware of. And because we are not aware of them, because we don't know they exist, we cannot access them or enjoy them. We live in an ocean of love. An ocean of love surrounds us. We live in an ocean of energy called love.

There is an energy that is flowing through us, that permeates us and surrounds us. And it permeates everything and everyone. And when we begin to get in touch with that energy—when we wake up to that energy—we begin to feel this connection with everything and everyone, and with our Source.

People are hungry for that. That's why we are here. We are here to wake up to that. And when we get a taste of that, there is no going back.

Connecting To The Earth And Nature, And To Higher Dimensions

You can feel your connection to the earth, to nature. What a blissful experience it is to sit in nature and feel yourself a part of it.

Trees are fortunate. Plants are fortunate. They have physical roots in the earth. Their connection to the earth is built into who they are, what they are, how they are. We don't have those kinds of roots; and so for us it's a little more of a challenge to actually feel our connection to the earth.

If you stand barefoot in nature and become conscious of your breathing, and if you add to that an intention or an openness to connect to the earth, then you'll begin to feel it.

When your body is in that experience—when it feels that grounded solid connection to the earth—it will let go in a way that it can't let go when it feels disconnected or separate.

Part of your mind/body system is always tense or holding on because it's lacking that sense of rootedness, grounded-ness in the earth. Conscious Breathing gives us that sense of connectedness.

You can do a very simple breathing exercise, technique or meditation: drawing energy up from the earth through your feet, your legs, and up into your body; and then relaxing and sending that breath down through your body and back into the earth.

When you do this, you are awakening your connection to the earth. When you have that sense of connection to the earth your body will relax, and it will let you fly. It will let you begin to explore some very beautiful high places.

We use the breath to anchor ourselves, to root ourselves, to ground ourselves in the earth, and to feel our connection to

everything and everyone. And from that foundation our spirit is able to fly. It is set free! Breathing can begin to take us to some very beautiful dimensions.

We can begin to awaken to another dimension of life: that is connecting to the energies that come from above, that surround us from above. We can begin to use the breath to draw that energy down into us and begin to feel a connection to some higher power, a higher part of ourselves.

In that experience we are really whole, we are complete; we are a bridge between the spiritual and the material; we are a channel between the most subtle high frequency dimensions and the most solid physical reality. We can live with one foot in each world. This breathing practice expands our experience of life to an amazing degree.

Isn't it something that breathing... something that is literally right under our nose... something that's happening all the time... the most basic, simple thing that we can imagine... contains this amazing power and potential.

That is also not an accident, not a coincidence. In life, in nature, the simplest things, the most basic things, are always the most powerful.

We have this philosophical understanding of it, but to have cellular experience of it—a biological experience of it—that is what's really important!

The Practice Of Spiritual Breathing

Breathing is a real practice. It's not a head game. It's an actual practice—an experience. And when we practice, that's when the magic really happens.

We can practice certain breathing exercises, certain breathing techniques that are transformative in nature. We can literally transform ourselves by combining breath and awareness, by combining relaxation and breathing.

When most people breathe in a powerful way, they lose their relaxation. And when they relax completely, the breathing disappears. And so, if we can bring those two things together—bring together powerful breathing and complete relaxation—then something magical happens. It's a very unique state that most people rarely touch.

Just bringing consciousness to your breathing, which is the first step, creates amazing possibilities and new experiences. It does so because most of the time... Breathing is happening all the time... but your consciousness is somewhere else.

Breathing is happening here and now, but your consciousness is there, and over there, and everywhere else but here. And so bringing together consciousness and breathing brings together two very powerful parts of us. And when that happens something in us opens and expands.

That is the practice: bringing together consciousness and breathing. 99% of the time you are not conscious of your breathing. Most people are not conscious of their breathing until or unless they have a problem with it: then they become very conscious of it. But they're only conscious of it till the problem goes away; then they go back to the same old unconsciousness.

Breathing consciously is very magical; and bringing together consciousness and relaxation is amazingly powerful. People are literally asleep during the most relaxed moments of their lives.

When your body is in its most relaxed state, you are sleeping. You are literally sleeping! And so, you are not even there, you are not awake and aware to experience that profound relaxation.

It's almost as if the body has to get us out of the way in order for it to relax and rejuvenate.

Our mind is so busy, so driven, so chaotic, that in the presence of that constant chatter—the fears, the desires, the memories—our body is not able to relax, not able to let go. It's only when we go unconscious that the body says: "Ahhh... Finally, some peace and quiet!"

We have to develop a certain stillness in our consciousness. And we have to develop awareness while we are in a profound state of relaxation. And when that happens it feels like a peak religious experience.

The first time someone is completely awake and totally relaxed, it changes them forever. It's like a peak religious experience! There are almost no words for it. It is a peace that passes understanding.

And in every single training, in every single seminar, that's what we are aiming for; because when a person has a taste of that, then there is no forgetting, and there's no going back.

When we bring consciousness and breathing together, we gain a certain power. When we bring consciousness and relaxation together, we open to an amazing sense of ecstasy, of bliss, of peace.

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When we bring those two things together: conscious breathing and deliberate relaxation—when you bring together those two things, you begin to access states that we normally think are only associated with saints and gurus and masters and mystics. But those states are actually available to everyone.

The Main Goal And The Natural Outcome Of Deep Practice

For me the real magic happens when certain breathing reflexes become habits of our system—when certain things become constant or returning, renewing, repeating states.

Many people have an experience, like a peak experience, and then find themselves looking back on it at some point in time and saying: “Ah yes I remember that day. I felt so good. I felt such peace. I felt connected to everyone! Everything was right with the world. There were no questions. Everything was perfectly clear. There was a sense of overflowing love. It was amazing, it was beautiful.”

We talk about that experience in the past tense; and as if it was a temporary thing, some kind of fluke, a one-time experience. But that experience is meant to be our constant, continuous state!

My game in life—my passion in life—has been looking for ways to reawaken that state, to reconnect to that state, to be more available to that state. In a way we can't bring on that state, we can't make it happen. It can happen, (:) we can be open to it. It is a reality, and the power of it comes from it, not from us. It's an interesting phenomenon.

We can develop certain habits or ways of being that keep us in a place of openness, and availability for that state. We can find ways that we block it. We can discover ways that we stop and avoid it, and we can eliminate them.

We can train certain breathing reflexes—certain breathing patterns—into our body-mind system. We can make certain breathing reflexes a habit of our system. And that is when real magic happens!

It's like playing a piano: if you have to think about where to put your fingers, you might be able to make it thru a song; maybe you can play a little ditty: but in order to make real music, it has to flow thru you. It can't be something that you are thinking about; it has to be something unconscious, automatic.

So we practice certain breathing exercises, certain breathing techniques, in order to develop these abilities, in the same way that a pianist will practice the scales.

Then thru deep practice, we develop an unconscious ability—an automatic skill. That's when the magic really happens. We can train into our system a certain way of breathing. It's the natural dynamics of breathing that we awaken to and make use of...

When we inhale, we open and expand. We don't have to imagine it. It is actually happening: the breath opens and expands us.

We just need to be in that experience, we need to actually be there—totally—in the experience of opening and expanding. We need to be conscious of it, to celebrate it, to enjoy it, to feel and sense and wake up to the details of it.

We use the breath to open and expand to our higher powers, to our latent abilities. We expand our consciousness. We use the in-breath in that way. And when we exhale, we let go of the past, our limitations, blocks, our conditioning and programming.

Do that consciously when you notice that some anxiety or stress or fear or pain is coming into your system. There's a knock at the door in the middle of the night, and you become aware that you are contracting, that you are holding your breath... And so you breathe consciously...

In that moment, give yourself a big sigh of relief. Use the breath to open and relax. Pull in a breath and then let go with a sigh. Do it again and again... until you are centered and calm.

If something disturbs you: don't react to the disturbance. Take a breath. If someone says something that offends you: don't insult them back. Take a breath. Expand and let go.

If you see something beautiful, take in a breath and let go. Use the breath to take in the experience. When you do that consciously again and again, it's like practicing the scales on a piano.

At some point it becomes the unconscious automatic reaction of your system, and you begin to make real music in life!

Every time anything arises in consciousness: a thought, a feeling, a sensation, an emotion—a reaction of any kind... Let it trigger an expansion and a relaxation. And see how the breath will take you home. It will bring you back to who you really are.

From that place, when you speak or act, your response will have a different quality to it.

Now you're not caught up in your pain, in your fears, in your reactions. They are all still happening in your system, but you are free of them. Then who you are—who you really are—can come thru in place of a knee-jerk emotional reaction or some robotic behavior. You are becoming more human, more alive.

Using Breathwork to Return to, And Remain In, The Most Resourceful States

There are certain breathing patterns certain ways of breathing that are associated with very amazing states of consciousness, states of ecstasy, states of bliss, and states of profound peace... creative, powerful resourceful states.

When you engage in those breathing patterns, in those ways of breathing, you move your system toward those states.

For me, if my bliss gets dented, if I feel myself becoming less than joyful, I take a conscious breath. I focus on something high, on something beautiful, joyful; and I feel myself moving back into that higher state.

I did that often enough so that now when my bliss gets dented, or I begin to take on the burdens of the world, if I start to absorb other people's negative energy or emotions, if heaviness comes over me... I don't even think about it anymore. I don't even have to do the work anymore. The breath by itself comes in and lifts me up! That is so liberating, it's such a feeling of freedom!

Since I know that I have the ability to raise my frequencies, my vibrations, to lift myself up, it's not a big deal if I sink down into heaviness, into depression. It's not a problem anymore because I know that I can choose to breathe; I can turn to my breath. I can allow the breath to work for me, to lift me up.

I don't have to avoid those negative states. I don't have to avoid or protect myself from the negativity of the world, because in any moment I can get free of it.

If I begin to get tense, or if contractions happen in my body, I automatically become aware of my breathing. I can use the breath

to let go, and to return to this state of peace.

The same phenomenon happens on many levels. I don't even have to think about it anymore. If tension or pain comes into my system, the breath awakens itself and throws them off.

The breath will blow off the disturbance. It will burn away that tension and clear away that pain. I don't have to do the work anymore. That is so liberating!

Make these subtle changes in your breathing. Make them a habit of your system: that is when the magic really happens. That's when you can really make music! That's when you can be talking—having a conversation—and the music flows through you by itself.

Then you can play in the world. You can play angry, you can play afraid, and you can play dumb: but it's just an act, a show. As Shakespeare said: "All the world's a stage." Life becomes a play. It's theater, and you can start to enjoy this theater, the play, and not get lost or caught up in your particular little drama.

People report that they don't get headaches anymore. Wow! Their backaches go away. Huh! They wake up in a situation when normally they would be upset and disturbed, and they can't help but realize... "Hey, wait a minute, I am not upset! Usually I would be upset right now but I am not. What happened? Wow!" We begin to experience real freedom.

Some imbalance starts to happen in our system, and with a few breaths, we can clear it away before it develops into a big complicated problem. We start to feel things earlier, sooner, we sense things on a subtle energy level; and we can stay ahead of illnesses and diseases.

We become aware of things just as they begin to form, and so we can get out of the way of them. We can remain clear of them.

We don't wait until something comes crashing down on us before we realize what's happening. We can sense things earlier. We can feel them coming.

We develop a genuine sense of safety in the world. We experience a certain fearlessness, a certain courage, a deep sense of freedom and ease... We come to know who we really are.

All these amazing things wake up in us! Even after all this time, I am still amazed that something as simple as breathing can do all this.

And the experience is very pure because no one can do it for you. You breathe yourself! If you have a benefit, you have no one else to thank, no one else to blame. Breathwork is very empowering.

One of the problems with any method or teacher or technique that works is that we tend to identify our results with the method, the teacher, or the technique—we project our own power out onto them. Conscious Breathing reclaims that power, and it puts the responsibility back where it belongs: within us.

I invite you to discover the power of breathwork, spiritual breathing, breath therapy, conscious breathing, whatever you want to call it—there are lots of names for it.

I invite you to discover, explore, and develop that power and potential—what's possible for you. Enjoy and celebrate the natural born inherent abilities that we all have.

Self-empowerment and Personal Readiness

I have found that when someone is ready, then whatever they do will work. If someone is ready, the next book they open has the answer, the next technique they practice heals them, and the next teacher they meet brings them the gift.

But it has nothing to do with the teacher, the technique, or the book. Well, it has something to do with that; but really, it's about their readiness.

I'm now most passionate about that readiness. I can smell it in people. I can taste it in the breath. And I am automatically drawn to those who are ready; because then it's easy.

When someone is truly ready, then something as simple as conscious breathing will do it. Breathwork will work for them.

If you are ready for something, then all it takes is being in the presence of someone, or others who are interested or capable of that something, or who have achieved some benefit or success with it. You practice a bit. You breathe for a while, and you can catch it. You absorb it from them.

If it's awake in me and someone is near me, it awakens in him or her. If I am in the presence of someone who has a tremendous ability, if I am ready, if I open and relaxed, that ability starts to awaken in me. Something moves between us: what's awake in them begins to awaken in me.

It's simply a matter of people being together with open hearts and open minds, and just breathing and relaxing together: then some magic happens. In a way, the breathing is a trick: it's just something we do while waiting for this magic to happen.

If you are interested in the magic in life, if you are ready, then the answer is right under your nose. It's in every breath you take. It's right here, right now, waiting for you to wake up to it!

If you can't find me, then I invite you to find other people who are practicing this process, who are playing with conscious breathing, and get together with them. Practice it for yourself. Find anyone who knows even a little bit more than you and get from him or her what you can.

Get on this ladder—on the path of Breath Mastery—and discover what is possible for you! We are not just breathing air: we are breathing the energy of life. We are breathing love. We're breathing light. Waking up to this truth is an awesome experience.

And it helps us in everyday life. If you are a mother, if you are a teacher, if you are a doctor, or a lawyer... as you get more and more in contact with who you really are, you become better at all those other things.

Thank you for listening and reading. I hope to see you on the path. But don't wait! Learn the "Coming Home Breath" right now. And begin your Breathwork Practice today.

Practicing The Coming Home Breath

Think of the 'Coming Home Breath' as a very conscious and deliberate sigh of relief. Think of it as a dramatically enhanced or enriched sigh of relief.

When you inhale, pull the breath in gently and slowly. Don't use any unnecessary effort. Take your time. Don't hurry. Allow your body to softly open and slowly stretch.

Enjoy the feelings of expansion from top-to-bottom, side-to-side and front-to-back as the breath fills you. Savor your inhale.

When you inhale, give yourself the sense of creating space in yourself—a sense of spaciousness.

When you breathe in, imagine sending energy to every cell of your body—infuse every cell of your body with breath.

When you exhale, simply release the breath. Don't blow. Don't push. Don't force. Just let it go and relax.

As you exhale, feel your tension melting and your problems dissolving as you drop down or settle down into your center, into your Self—your Source.

There is a part of you that has never been touched—cannot be touched—by anything that happens in your mind and body, or in this world.

Who you are, the truth of your being is always here—pure, silent and still—regardless of what comes and goes or what happens in your life.

Use your breath to begin to touch this place in you and practice this breath in order to return to it throughout the day.

Pull in long smooth inhales and let go with big soothing sighs of relief. Bring in fresh new energy with each inhale; and release each exhale with a soothing, relaxing sound.

Exploring The Art And Science Of Breathwork

When you let the breath go, let your muscles go, let your joints go, let your thoughts go. Let your body and mind go.

Practice this 'coming home breath' for ten minutes in the morning and ten minutes in the evening. And practice it ten times during the day for two minutes each time.

Use it whenever you feel tense, nervous, anxious or afraid; or whenever you feel tired, lost or confused. Use it whenever you need a burst of energy or inspiration!

Use the 'Coming Home Breath' to get out of your head and into your body. Use it to open your heart and to fall into a place of love and peace and joy.

Use it to connect to yourself, to others, to the earth, to life, to your spirit, to your Source.

PART 4

Insights into Breathwork

This interview took place in July of 2013, with Adre Zakrauskaite, a journalist with Raktas Magazine (“Raktas” means “key” in Lithuanian).

What follows is an edited transcript of that interview. In it Dan discusses:

- His Passion for Breathing and some facts about the Profession of Breathwork
- His earliest awakening to the breath and the roots of his practice
- Breathing lessons from his medical and military training
- Personal teachers, guides, and mentors
- The connection to yoga and India
- The everyday benefits of breath awareness
- Three basic elements in every style or school of breathwork
- A practical formula for breathing practice and for self-mastery
- The deepest effects and highest application of breathing practice
- How to know which teacher or technique is best for you
- The link between conscious breathing, health, and longevity
- Three exercises/techniques that everyone should practice
- Advice and instructions for attaining the most benefits from Breathwork

Adre: What do you do now in your life?

Dan: I'm a missionary for the Spirit of Breath on the planet!

Breathing is my passion (Pass-I-On). It is also my profession (Profess-I-On). I travel around the world teaching and sharing what I've learned about the breath and what I think are the most important things to know and do when it comes to breathing.

Teaching Breathing is my favorite way to be with people. It gives me a chance to express my highest purpose, and it allows me the opportunity to be who I really am.

Sometimes breathing is better than sex! For me, it's better than being a plumber or a carpenter, or a doctor or a lawyer... To be able to help people awaken to their essence, to their higher potential... To show them how to better themselves and to improve their health on their own... It's awesome! It's a blessing!

I like to be innovative. I am definitely unorthodox. And I love tweaking ancient traditions. I love inspiring people to try new things, to discover new approaches, to find new and simple solutions to old and seemingly difficult problems.

Adre: You've been studying and teaching breath and breathing techniques since the early 1970's. How did you become interested in this?

Dan: I don't really remember where it all started. For my whole life I've been fascinated with breathing.

Maybe it was in kindergarten or in the first grade in Catholic school, when I heard the words from the book of Genesis: "God

took the dust of the earth and formed the body of man; He breathed into the nostrils of man the Breath of Life; and man became a living soul.”

Something about that caused such excitement in me. Childlike innocence, imagination, passion, enthusiasm... I think it was the first trigger, the first awakening to my mission in life, the first step on my path.

I had a number of childhood traumas connected to the breath, painful experiences—nearly drowning several times, which left me shaking and caused me to question things. They also made me very conscious of my breathing. And for days afterwards, I was very thankful for every breath I took!

Out of high school, my first profession, my first real job was as an x-ray technician. One of the most common exams in that business is a chest x-ray. When you take a chest x-ray, you instruct the patients to: “take in a deep breath and hold it.” Then click—you take the picture.

Soon, I had watched about a thousand people follow those simple instructions in their own unique way. I began to notice different patterns in these people: what muscles they engaged, how much effort they used, how they went about holding their breath, what it looked like when they relaxed.

I was making some interesting observations. And it got me into the habit of observing everyone’s conscious and unconscious breathing habits and patterns.

From X-ray school I went into the military where I worked as a medical specialist and trained as a deep-sea diver. I mixed gases for breathing—helium and oxygen mixes. I did underwater work and a lot of breath holding!

I rescued a number of drowning people and I did CPR (cardio pulmonary resuscitation) on a number of occasions.

The first time I resuscitated someone who was clinically dead, who had no pulse... His name was John Doherty. I was 19 years old, an x-ray student at University Hospital in Boston...

I blew into this guy, breathed into him, he blinked and woke up—he came back to life! I thought it was a miracle! I could do something with breathing, I could work with the breath, and something so amazing could happen. I was totally hooked on Breathwork!

I started to study everything I could find; I started to follow anybody who was doing anything connected to breathing. If they knew something about the breath, I was either kissing their feet or breathing down their neck!

Adre: And then you began to teach?

Dan: Yes. I began teaching people whatever I learned as soon as I learned it. At some point, something turned, and I began to invent my own methods. I put together different things from different people.

Before I knew it, I had developed my own style; I had my own unique approach. I was passing on things that I was learning from others, and I was also passing on things that I was inventing or discovering on my own.

Adre: Did you have your own teachers or mentors?

Dan: Oh yes, lots of them: doctors, university professors, yogis, chi kung masters, martial artists, Buddhist masters, Catholic priests,

shamans... Some of my early favorites are Bruno Hans Geba, Milton Young, Leonard Orr, Swami Rama, Stan Grof, Hu Bin. And there are many more.

My ultimate teacher is Babaji the immortal yogi. (He is spoken about in Yogananda's book: "*Autobiography of a Yogi*"). And my most recent favorite is Budh Puri. He is a Surya Kriya Master. (I visit his ashram once a year, and I always invite people to join me on the trips. There is information about this at www.breathmastery.com.)

Actually, in a real way, everyone who comes to breathe with me is my teacher. I am still watching, still learning, still discovering things.

Adre: In Yoga lessons it's often said that breathing is the first and the main source of energy, but people hardly ever think of that. Why is it important to be conscious of your breathing?

Dan: Yes, it is often overlooked and underestimated by many yoga students and teachers. Yet, one of the most essential teachings of yoga concerns "breath awareness" and "conscious breathing."

As you become more aware of your breathing, you become more aware in general. The more conscious I become of my breathing—the subtle details of the breath—the more conscious I become of everything. Conscious Breathing is a perfect way to develop more awareness, to become a more conscious person.

And there are of course many extra benefits. There are points in the breathing that you have never observed. And some of those points are very powerful. They can lead you to a new awareness, and to states of ecstasy and profound peace.

Breathing is a doorway; you can go through it and come into some very beautiful places.

Adre: What breathing techniques do you teach?

Dan: I teach hundreds of breathing techniques depending on one's degree of health, level of skill, and reason for practicing. In a way, I am the Will Rogers of Breathing: I've never met a breathing technique I didn't like!

I teach ancient techniques and modern ones. I teach techniques for increasing energy, for relaxation, and for inner training; I teach breathing for emotional clearing, psychological health, and for spiritual development.

There are some basic, fundamental skills or teachings that I feel are important to pass on to everyone. If you look at all the various breathing exercises and techniques, and all the different schools of breathing, you will find that they have several things in common. There are certain fundamental or universal aspects.

The first is Breath Awareness: I teach people to be more conscious of their breathing. I suggest that people tune into their breathing at different times of the day and in different situations.

How do you breathe when someone is insulting you? How do you breathe when you are listening to music? How do you breathe when you are trying to solve a math problem? How do you breathe when you are having sex? How do you breathe when you are confused, in pain, drowsy, excited, etc.?

It's important to be aware of this because specific breathing patterns are connected to specific psychological, emotional, and physiological states. Each state comes with a certain breathing pattern, a certain breathing quality.

The way you breathe when you are upset is different from the way you breathe when you are peaceful. The way you breathe when you're enjoying music is different from the way you breathe when you are arguing with someone. That is obvious to anyone who observes themselves or others.

But people don't focus on their breath in these moments, so they miss the opportunity to make connections on how certain breathing patterns contribute to, or actually cause certain emotional, psychological, or physiological states.

That's the first skill – becoming more aware of your breathing... noticing it... meditating on your breathing, listening to it, watching it, sensing it.

The idea is to develop a more intimate relationship with the flow of life in and through you. That awareness, that experience has profound benefits. And the more you do it, the more benefits you get.

The second skill is using the breath to relax and to release the breathing mechanism. It's the skill of letting go.

I train people to set their breath free so that it can flow more naturally. This type of breathwork involves clearing away the habit of holding your breath when in stress and learning to release your breath instead. I teach breathing as it connects to relaxation.

The third thing is breath control... conscious breathing. I teach people to control their breathing, to regulate it, to use it. We give the breathing a certain pattern, a certain quality; we breathe with certain intentions.

So, we practice breathing fast and breathing slow, breathing high in the chest and low in the belly; we make the inhales longer or we make exhales longer. We play with the pauses between the breaths. All of that comes under the practice of breath control.

Depending on what you want to accomplish, you breathe in different ways. If I'm a martial artist and I want to bring more force or speed or grace to my movements, I'll use the breath in a certain way. If I'm sitting and appreciating the sunset, and want to maximize my enjoyment of it, then I'm going to use my breath in another way.

We get creative about breathing, about how to use the breath. We connect breathing with visualization, with movement; we use the breathing to generate energy, and to release stress.

So those 3 things – breath awareness, relaxation, and breath control – they are the three pillars of breathwork, and we build on them, we mix them and put them together into unique exercises.

Adre: So, by controlling our breath we can control our emotions?

Dan: Yes. Absolutely. When you control your breathing, you get a handle on your emotions; by controlling your breath, you control your chemistry, you change the quality of your thoughts.

Breath is the bridge between your body and your mind. If you can control your breathing, you can control your mind and your body. You can bring the body and mind together with the breath and accomplish some very powerful things.

Breath is the bridge between the conscious and subconscious mind, and so you can use your breathing to make deep and lasting changes in yourself.

Breath control is a basic principle in many spiritual practices, in many body-mind approaches to healing, in athletic performance and in many creative endeavors.

When you play with your breathing, you play with your chemistry. Every emotional state and every psychological state has a certain chemistry to it. When you change your chemistry, you change your psychological and emotional states.

That's how psychiatric drugs work. So breathing is a drug-free way to regulate or improve your emotional and psychological state.

Change the way you breathe, and you change the way you feel. Change the way you breathe, and you change the way your body functions.

Different breathing patterns trigger different thoughts and emotions. Thru conscious breathing, different emotional and psycho-spiritual states and qualities can be awakened.

Adre: How much time per day should we spend doing breathing practices?

Dan: It depends on how passionate or enthusiastic you are, how committed you are, how determined you are.

If you are really passionate about something, you are going to spend every available moment practicing it, to get as good at it as you can, so that you get the benefits as soon as possible.

I teach a basic formula: 10 + 10 + (10 x 2). That's 40 minutes a day of practice. 10 minutes in the morning, 10 minutes at night, and 10 times during the day for 2 minutes. 40 minutes a day.

If you put 40 minutes a day of focused attention into anything—playing the violin, doing exercises, push-ups, whatever, you are bringing the benefits of the practice into your daily life.

If you practice something 40 minutes a day, every day without fail, within a few weeks or a few months, you will have done more than enough practice to bring about many benefits.

With that kind of regular practice, and that way of integrating your practice into your life, it doesn't matter what you are practicing, you are going to get very good at it, very quickly.

And so I recommend 40 minutes of practice a day, in addition to coaching and more extended or intensive sessions from time to time. Depending on who comes to me, I advise certain specific things to practice.

Adre: What are the effects of conscious breathing?

Dan: There are so many positive effects... too many to list or mention here!

For the first few years of your life we were given programs that limit who you are. If you had been born in a different culture, in a different family, in a different time in history, in a different socio-economic setting, you would be a different person.

And so it seems to me that “who people are” is in a way, a product of random events and circumstances—until they take creative responsibility for who and how they are.

Most people are not living a self-designed or a self-determined life. They are not expressing their true essence or their highest potential. They are not even living out their own principles and

values. They are not honoring their unique purpose in life; they are not in touch with their spirit.

What they are doing is living out programs that were given to them by others. And so that, for me, is the highest potential of breathwork: to wake up to who we really are.

Breathwork gives us a tool and a way to become more of who we are, to realize more of what is possible for us. It gives us the energy we need to be what we dream to be.

Today, ordinary people can accomplish things that in the past only the greatest yogis could do. The average person can now experience states that only the Buddha, Confucius, Jesus, or saints, masters and mystics were able to reach.

We usually put beings like that on a very high pedestal, but they were actually ordinary people who managed to break through to their maximum potential. And we can do the same. For me the highest use of breathwork is to embody our higher self, to reach our highest potential.

We can use breathwork to get rid of headaches, to control our heartbeat, blood pressure, to reduce stress and anxiety, to perform better. We can do lots of things, but for me the juiciest thing is to go for the gold!

Let's use the breath and breathing to become golden beings! Let's use it to become self-realized, to awaken to our Buddha nature, to become modern day yogi masters!

Adre: Nowadays there are so many different yoga teachers, gurus, breathing masters... How to choose the right one, and not to get lost?

Dan: Well, the answer is that you have to become one. Don't choose one: be one!

One of my good friends and teachers Leonard Orr once said:

“Everyone is following someone. But maybe the person you are following is following you. So maybe what you need to do is to stop following and start leading.”

I have never forgotten that. And I try to remind everyone I meet to consider it.

There was a time when there was only one Buddha on the planet; there was only one Jesus walking the earth. But today there are tens of thousands—probably millions of Awakened Beings walking the earth! Things are accelerating.

You can pass a Buddha on the street and not realize it; you could sit beside one on a bus and not know it. You could live next door to one and not know it. And if you are not careful, you could be a Buddha and not know it!

The more people who awaken, the easier is for all of us to awaken. And these days, there are countless awakened beings among us.

I am like the Will Rogers of Breathing: I have never met a breathing teacher or a breathing technique that I did not like. I'm like the Bruce Lee of Breathing. I have mixed and matched many styles and methods, and I have created my own unique approach to Breathwork.

There are traditional approaches to breathing like Kriya Yoga, where you have a tradition, and a master works with a student for their entire lifetime, and before the master dies, he passes on the teaching: he initiates the next teacher in the lineage.

There are living traditions like that. They have been passed down through the centuries. That's useful, and for some people that's the purpose of their life: to preserve, maintain, and carry on a tradition, to be loyal to that one tradition.

I think we should be creating new traditions, and I think it's absolutely okay to take something from one teacher or tradition and mix it with another. But in many traditions, that is against the rules.

Many traditions say that you can't study with one teacher, then study with another one, then another, and then put all those things together – that's a sin! But that's exactly what I think we need to do. We need to be our own scientists.

If you wake up in the morning and have the feeling that you need to do something, to read a book or to meet someone, I think you should jump on that feeling and follow it. See where it takes you; allow your spontaneous nature—your childlike curiosity to guide you—especially when it comes to breathing.

We've been trained that we "must" do this, that we "should not" do that; we must "always" do this and "never" do that... A lot of this programming feels like bullshit to me. Maybe it's meant for a small percentage of people, who for some karmic reason are here to preserve some old dusty tradition.

But now the ancient secrets are out in the open. The cats are out of the bag. There is the Internet; and now secrets that were once only revealed to the chosen few are wide open and available to anyone on the web.

That's not an accident: we're approaching an evolutionary point. A huge shift is coming, and the old slow ways, the old narrow paths aren't going to help us.

We need to move in an exponential way, not linear; we need to think and act simultaneously, not sequentially. We need to dare to create our own path and find our own way.

If your breath is open, if you get out of your head and you can get into your heart, you can clear away the unconscious junk that blocks your intuition and distorts your view of reality.

If you don't clear away the limited perceptions that you were given, then when you look at yourself you won't see who you really are; when you look at the world you won't see how it really is...

If you are going to be guided by the limited beliefs that you inherited, if you are going to use your conditioned mind to make decisions, then you'd be just as well off to follow anyone else's advice; or you could flip a coin and be just as safe.

However, if you can get clear, if you can drop a big chunk of your programming, if you can get in touch with your heart with your intuition, then you will be guided from within to whatever teacher, book, or method is best, or next for you.

In fact, if you're ready, then it doesn't matter which teacher you choose, it doesn't matter what book you read, it doesn't matter what method you practice...

Your readiness is going to bring a certain power to what you do. And that readiness is going to make the difference. The teacher is secondary. The technique is a detail. Your readiness—that's the magical ingredient, that's the main thing.

I am focusing on that now, on how to recognize readiness in people. And I keep strengthening my own intuition. And I suggest that everyone do that.

Adre: Conscious Breathing also has a positive effect on health, doesn't it?

Dan: Extremely positive! Yes. When you're breathing, you're playing with vital chemical elements, like oxygen and carbon dioxide. People think oxygen is good and carbon dioxide is bad. We have the saying: "In with the good, out with the bad."

One of the most critical physiological or metabolic factors in our system is our pH: the acid-base balance. It's so critical that there are number of redundant systems to make sure that we stay within a very narrow and precise range.

When you play with your breathing, you play with carbon dioxide, and carbon dioxide is a volatile acid.

When you hold your breath, CO₂ builds up in your system and you tip your pH in one direction. When you hyperventilate, you blow off carbon dioxide and you tip your pH in the other direction. So through breathing, you can get a handle on a vital thing.

If you think of staying healthy, then you have to realize that every living organism—if it wants to survive—needs to eliminate metabolic waste. One of the strongest theories about aging involves the accumulation or poor elimination of toxins and wastes: free radicals, and so on.

If you look at how every human eliminates metabolic waste, it goes like this: 3% of our metabolic waste is eliminated through defecation, 7% through urination, and 20% through perspiration.

That leaves 70%, which is released through respiration. The majority of your toxins and metabolic waste is being eliminated through your breathing!

So, if you think having regular bowel movements is important, or that working up a good sweat now and then is healthy, then you have you consider the vital role that breathing plays. The better you breathe, the healthier you will be.

Another unarguable fact is the direct link between respiratory capacity and life expectancy. If you can improve or maintain peak respiratory capacity as you age, you will not only maintain better health, you will improve your odds of living longer.

Adre: What do you think about Lithuanian people? It's often said that they are quite depressed, negative. What do you notice?

Dan: Everybody is the same on the inside. The differences are on the surface. People wear social masks, and you can't judge them by their masks. I have a serious mask, I don't look particularly joyful, and I often get loud and boisterous; and yet I experience continuous inner peace and tremendous joy.

Many Lithuanians seem to have of a look of seriousness to them, but I think that's just a social mask that they unconsciously take on or copy. It doesn't say anything about what's really going on inside of them. I find that the deeper you look into people, the more they are the same.

If I go to the center of myself, I pop up in the same place that you pop up when you go to the center of yourself. We are all one at the innermost point.

Everywhere I go I seem to attract the same kind of people. Maybe my view of world is different from that of the average person.

Everywhere I go, I meet very loving people, I meet people who are sincere spiritual seekers, and I meet people who want to make a difference in the world, who want to create or experience something more in life. I meet sincere spiritual seekers. Maybe I just attract a certain kind of person, based on who I am.

Adre: Maybe can you suggest some breathing techniques for ordinary people?

Dan: There are certain universal principles. And if you're going to practice any sort of breathing techniques, then you may as well learn to apply or at least to honor those universal principles.

You can't just open a book on yoga or breathing, where it says "inhale for a count of 4, hold it for a count of 8, exhale for a count of 12..." or something like that, and then force that pattern on yourself. That feels artificial to me.

And it's too rigid, too structured. Maybe it worked in the old days, and maybe it still works for some people; but I don't think it's the most useful way to start. What I suggest is that people practice the basics.

For example, simply be aware of your breathing. Spend time everyday doing nothing except observing how you breathe. Don't do anything to the breath. Just watch it, notice it.

Don't breathe in any certain way: just sit and meditate on your breathing. I suggest that everyone do that.

This daily practice will begin to open your intuition, it will quiet your mind, it will relax your body; and you'll be in a better state to

make decisions, to make choices. A natural ease and clarity will come to you.

That is my suggestion. Simply observe your breathing: notice the breath coming in and going out... There may be pauses between the breaths. Observe them. Experience them.

That's what Buddha was doing when he became enlightened. I suggest that everyone do that. It's meditation. You can meditate on a mantra, on a picture of a saint, you can sit by the water and watch the sun sparkling on the water; you can chant or listen to meditative music.

But the practice of "Breath Awareness" has all the benefits of meditation plus a lot of benefits that other forms of meditation don't have. That's the first thing, a technique or exercise if you want to call it that. Everyone should spend 10-15 minutes once or twice a day, every day, simply observing their breathing.

The second thing is to learn to use the breath to let go. Practice an exaggerated sigh of relief. Practice releasing the exhale, practice setting it free.

I suggest that in the beginning, people not control the exhale. Let it go with a sigh of relief. That's another basic technique that everyone should practice and learn to let the exhale go quickly and completely.

Let the exhale begin to do some work for you. Learn to let go of the exhale quickly and completely. Let the breath go without holding on and without controlling. Get good at letting go of the breath, and then you can apply that letting go to many other things.

Take a longer deeper or more expansive inhale in order to trigger a greater release, in order to produce a more powerful sigh of relief.

Some people get busy trying to let go of pain or tension, of fear and anxiety; but they haven't learned to let go of their breath, and so they struggle with letting go of all those other things.

If you can't let go your exhale, don't be surprised if you can't let go of physical pain or tension; don't be surprised if you can't let go of fear or anxiety; don't be surprised if you can't let go of thoughts that are going round and round in your head.

But if you practice letting go of your exhale consistently and regularly, you are going to get good at letting go of much more than just your breath.

You are going to get good at letting go those other things, and of programming, of conditioning, of negative thoughts and limiting beliefs.

You'll be able to let go of past, and even of dis-ease before it becomes something serious inside of you. You'll be able to release stress, anxiety, as well as muscular tensions.

And when you learn to let go totally, you can drop into a deeper more original and purer place within yourself. You can fall into your center, your source, into your essence.

The sigh of relief is not really a technique. It is a natural reflex. Everyone already knows how to do it. The idea is to make it more dramatic, more exaggerated, to do it consciously, and to do it regularly.

The third technique is rhythmic breathing. Use rhythm. Breathe in a continuous rhythm for an extended period of time.

When you walk, breathe in rhythm to your footsteps. Feel your heartbeat and breathe along with the rhythm of your heart: perhaps breathing in for 2 or 3 or 4 beats, and then breathing out for 2 or 3 or 4 beats.

You can listen to music, and instead of tapping your foot, let your breath keep the beat.

A connected continuous rhythm is a very powerful technique that everyone should practice. Take away the pauses between the in-breath and the out-breath: connect the breaths like a wheel turning.

It could be fast or slow as you like but make it steady and smooth and rhythmic. Establishing a regular rhythm of breath creates order in the system. You can use breathing to regulate many other physiological functions.

Medical science has identified what is called a “therapeutic” breathing rate, and that is 6 to 8 breaths per minute.

Certain prayers, poems, songs, etc., bring the breathing to that therapeutic rate. People who practice mantras out loud don't realize that what they are doing is regulating their breathing.

If you repeat certain prayers again and again, you put your breathing into a regular pattern. Reading Shakespeare's sonnets out loud puts your breathing into a regular rhythm.

In a way, it really doesn't matter what method you use to regulate your breath: you are creating a certain order, and all the other systems in your body will naturally and automatically regulate themselves around the breath.

Breathing is the only system in the body that is completely under our control, and also completely involuntary. That's not an accident of nature, that's not a coincidence. It's an opportunity, an invitation to take part in our own nature, to involve ourselves in our own evolution.

Those are three things that I suggest. You don't need a teacher and you don't need to wait to do them.

1. Practice observing your breathing.
2. Use the exhale to learn to let go.
3. Practice regulating your breath in any way that feels good.

Bring breath awareness and conscious breathing into your everyday life.

Play with different breath sounds, and different breathing rhythms. Practice breathing into all three of your breathing spaces: lower, middle, and upper.

Combine breathing with visualization. Use breathing together with mantras or prayers. Combine breathing with movement.

All this will be more than enough to inspire and motivate you to go deeper, and to explore more.

Breath is life. To breathe is to live. This is not just a pretty philosophy. It is a fact in reality!

The secret of life is right under your nose! The sooner you begin to explore and develop this natural resource, the sooner you can reap the benefits!

What are you waiting for? Start right now!

Expand and relax. Pull in and let go.

You are not just breathing air: you are breathing energy—the energy of life. You are breathing light!

Love yourself with every breath! Play with your breath. Breathe in a way that strengthens you and soothes you.

Breathe in a way that feels good, that brings you pleasure, that you find interesting. Get out of your head and use your breath to get into your body.

Breathe consciously into your heart, and soon something in you will click, something will shift, something will open, something will release...

If you are lucky, if you are blessed, then at some point in your practice, who you thought was doing the breathing will take a back seat, and something else will breathe you...

The breath itself will breathe you. The spirit of life will breathe you. And then you are home free!

PART 5

The Practice of Breathwork (Live on the Web)

This section of the book is the transcript of a webinar took place in Moscow in July of 2013. About 200 people took part. Luba Bogdanova organized and translated. This is the transcript of that live webinar.

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 people 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 were 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.

Pay attention 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.

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- How Breathwork can influence the quality of your relationships
- How Breathwork relates to money and your career
- How Breathwork helps to connect with your life mission, and with your natural wisdom
- How to use Breathwork to create harmony between your body, mind, and soul
- How to use Breathwork for 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

Dan: Hello everyone! It's wonderful to be here!

Tonight, we are going to talk about Breathwork:

How breathwork is connected to your relationships, how it can influence the quality of your relationships...

The connection between breathing and money; and how you can use breathwork to help you in your career...

How you can use breathwork to connect with your life mission, to get wisdom, to know what your life mission is...

How to use breath and breathing to create harmony between your body and your soul...

And the highest application of breathwork: how to use it for self-realization...

If at any time you have any questions, feel free to ask them. And so, let's begin.

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, made of and surrounded by, 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 your fear when you are afraid. When you are in a comfortable state, when you are happy: the breath expresses and reflects that.

A powerful thing about the breath is that it works in the other direction: by changing your breathing, you can change your emotional state.

The way you breathe is either causing you to feel certain things or preventing you from feeling certain feelings.

In a relationship, if your heart is open, if your body is 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. 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 breath.

When you look at something, 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 thru the breath.

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 spend in a relationship, talking and exchanging information thru words, some of that time you can just sit and exchange love and information, thru silent breathing.

Every couple that 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 grow and develop. You improve.

Luba: 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 something I can do 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 locks energy in our body. So, we need to soften our bodies, relax our minds, and 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.

Even if nothing changes on the level of the illness, you yourself are becoming more comfortable; and then the illness can leave by itself because you're not tangled up in it with your tensions.

Our nervous system is always 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 the healing and growth mode.

So, we approach these problems on three levels:

1. 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.

2. You also work directly on the 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 help energy to flow and move; and healing can begin to happen by itself.

3. 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 already 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.

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 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 that she is with me."*

Tatiana says: *"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 people's 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 people's 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, from Asya: *"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 nighttime 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 your life style. Change your schedule, when you are sleeping and when you are awake, so it's 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 to grow, not as 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.

Now, 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 are you 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, feed yourself positive thoughts. Combining body, mind and breath is very creative.

Whenever you notice yourself with limiting thoughts about money, use that moment to open and expand, to relax and to 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, when you are in a 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 an energy level. 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 the thing you want to accelerate.

If you need to slow down and not work so hard, then breathe in a 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...*

Dan: 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 more gently.

You don't want to pull in so much energy that your body cannot absorb it easily. 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 can 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. Every year, I travel to India to spend some time with a yogi who eats the sun's energy instead of

food. If you would like to travel with me on my next trip to India, let me know. Write to me at office@breathmastery.com.

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 has already mastered it, you can learn it more quickly than if you practice alone.

Luba: 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 all have 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 write to me at office@breathmastery.com, I can send you some information on where to look, which processes I 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 give yourself a breath during your speech.

Also be aware of any physical tension in your neck and in your shoulders. Physical tension sends an emergency signal to your brain; and physical tension makes 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 with public speaking, you will have less and less fear. It's a good idea to be honest about that in the group you are 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 very easily understand your nervousness. It will relax you to actually talk about it, and you will be an inspiration to others.

If 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!

Luba: 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 own life.

Alcoholism is a serious disease. And it affects the people around the alcoholic. 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 all need to 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 send them to someone who is, 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.

Luba: 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 something, you give it some space to change.

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 trust your body to heal itself. And you do anything else that your intuition tells you: change your diet, do certain exercises, 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 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 work on the emotional and the physical level, and allow those two things to affect the psychology.

If your problem is on the physical level, you could address the problem directly on that physical level; or you could let it be, and focus on the emotional and psychological level.

Generate positive thoughts, generate pleasurable emotions, and 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, give yourself physical pleasure: enjoy a warm bath, make yourself some delicious tea.

Work on the physical level and let the comfort and pleasure on the physical level transform 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—either 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 dis-ease 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 dis-ease—unless you interrupt that energetic chain of events.

If you are experiencing uncomfortable emotions, and you don't interrupt the chain reaction, then the uncomfortable emotions are going to cause you to generate negative thoughts. And those uncomfortable emotions are going to cause uncomfortable physical feelings.

So, we can interrupt chain reaction by breathing, and by being pro-active. By working on the other two levels, we don't allow the dis-ease to spread to those other levels. So don't struggle with your problem: focus on the other levels, create positive energy on the other levels.

Then it is two against one. If you generate positive thoughts and physical pleasures: that's two positive levels against the one negative emotional level. Does that make sense?

Luba: *She said yes, thank you.*

Dan: Of course, it takes practice. You didn't walk the first time you tried. So if you try and it doesn't seem to work, don't let it stop you. We are talking about skills, and skills require practice.

Breathing is a very easy practice. It's for lazy people like me. So far it has solved all 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 the next topic of our seminar: harmony between body and soul, and your purpose in life.

If you are not honoring your soul, if you are not living your purpose in life, your mind and body are going to suffer and complain.

If you are not satisfying your soul, you're 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 from the egoic 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 like to see, things you 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 are 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. Your purpose is not a 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 fool you that way. You can trust your natural pleasures, what feeds your soul.

When you are enjoying your greatest pleasures, 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 pleasures, you will meet someone accidentally. You will end up in the right place at the 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 an open hearted 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 it in the 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: these are the techniques, right?*

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 making a lot of effort.

It's learning to relax completely and yet keep breathing, to keep the breath moving.

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

It's like balance. You cannot teach someone else balance: yet 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 some basic breathing skills and then you practice them, and soon you begin to amaze yourself with how much you can accomplish.

Exploring The Art And Science Of Breathwork

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 a very fundamental and primal thing, and when we make changes on that level, it's much easier to make changes on all the 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 surprised if you cannot let go of pain. If you've not learned to release the exhale, to 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 or your behavior.

But when you master these skills on the level of breath, you discover that you have developed those same skills on other levels.

And if you begin to recognize 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 a day. But they're 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 hold 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 you are getting up. Driving your car, and you turn and face backwards to back up, and you hold your breath.

In all of those moments of breath holding, you are interfering with the flow of life in you. You are interfering with the flow of spirit through 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 our reactions, wake up to our unconscious patterns, and we come to know ourselves more and more, better and better.

We use breathing in a spiritual way, 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.

Right now, you are breathing in the essence of everyone and everything that has ever existed. You may not be conscious of it, but it is happening. And you can become conscious of it.

The same air that the Buddha breathed, that Jesus breathed, that Mohamed breathed: you are breathing that same air. You can breathe in the essence of those beings.

Your breathing connects your body to your mind. It's a bridge. It connects your subconscious mind with your conscious mind. That is not an accident, not a coincidence.

It's an opportunity. It'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 breathe in, you are inviting something else into you. As you

breathe out, you are sending something else out into the world: a blessing, a wish, a prayer.

The only thing you need to do is to become more conscious of this. Make it your intention.

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 enlightened beings on the planet today. That's a powerful energy force: we can use that. It is much easier for us today to awaken than it was for the 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.

You should decide to begin your breathing practice. 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. And 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!

If you check my schedule at www.breathmastery.com, you can see all the cities and countries I'll be in. And if you are too lazy to travel, or if you'd like to invite me to come to your city or country, I can do that also.

And, there are many people that I've trained who can help you. You can breathe with them and learn from them. Write to me and I can refer you to one of 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 listening. You can send me email if you have questions, and you can send your questions to Luba.

Ok love to all and thank you.

PART 6

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

This interview took place in April of 2013, with Tatjana Trajkovska, a medical doctor with a holistic/integrative practice, and the leading Breathworker in Slovenia.

Dan discusses the Path of Breath Mastery and the Practice of Breathwork. He shares information rarely given except at his seminars and sessions. He also shares some lessons from his own personal journey.

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Tatjana. When did you start working with breathing? The first question: or maybe you can introduce yourself. Who are you Dan?

Dan. 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.

And wow! The first time I blew into somebody who was clinically dead—someone who had no pulse and wasn't breathing. I pounded on his chest and blew into him; and he 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! 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 100,000 people, I've developed a pretty good sense 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, with the inner breath, which is spirit." When those two dimensions come together, a very natural healing and transformation occurs. And 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 the Rebirthing Breath is one of the core techniques that I teach. But it is only one of a whole repertoire of different breathwork methods and approaches that I use.

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 your 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 your psychological, emotional and physiological states, and that the breathing is affected by different thoughts and feelings and activities, other people's energy, the food you eat, and so on.

That is the first key. And no one can do it for you. People must develop that habit of breath awareness, of 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 or 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 to develop more Breath Control.

Those are the three basic skills: Breath Awareness, Relaxation, and 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. We find ways to integrate conscious breathing into whatever else it is that we do.

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

T. On one of your YouTube videos 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... Being heart-centered is a much more powerful and resourceful way of living in the world.

Go to the heart math website. Look into the research that they are doing. It is known that 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, and our body, 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, 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 open to our heart and we 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 into breathing and the heart, it 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, especially in our times.

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, everytime 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 quite disconnected from our spirit.

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! 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. Shift your consciousness away from where it is locked up; change the direction that your attention 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 what meaning you are giving to things and change it.

Shift your current language to a higher vibration one; switch to more nurturing, supportive, and positive self-talk—rather than your negative, toxic, critical, or fearful language. 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. 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 themselves don't want to change. 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 could push people to reach that critical point of desperation. But it is more fun to pull 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, schizophrenics, out of control bi-polar cases need to come with their therapist, or they 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 miracles! 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 breathing technique can be a trap if you don't also practice 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 you 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. In that case, 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 your 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 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, we are practicing and exploring different breathing exercises. Many others have done that before us. We can build on what they have discovered. We can learn from 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. 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 by divorcing my mother. She remarried when I was only three years old, and so my stepfather was the one I consider to be my father.

One day he confided to me that because he felt 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. But 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, and 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 was perfectly ok to think outside of box, and yet be accepted for who we are. This is kind of important to all of us... acceptance... we don't want to be anti-social... we'd like to be 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 there are teachers like Leonard Orr who invented "rebirthing;" and Swami Rama who taught me prana yoga; and 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... meeting 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 watch in amazement as something really beautiful happens in them while doing such a simple thing as breathing, I am inspired 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: then suddenly, three. This time we have a number of stewardesses.

Everyone has a certain level of energy. They are vibrating at a certain frequency, they are interested in spirituality, and yet they appear in any role and any profession. That is exciting to me.

On my visit to Cancun, where I met several outrageously 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 financially, and they are completely awake and clear; they are supporting life and other people and the planet in ways that those who do not have their 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 \$1,500 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 \$1,500 and then you can gather 100 people or 10 people, 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. 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 Ritz Carlton hotel was \$450. And I thought: "Oh my God!" Who can afford that?

I wrote back to Yvonne, and said sort of jokingly: "hey instead of paying me \$1,500 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 hotel! I enjoyed the presidential suite, where there are paintings from Italy, a marble hot tub, and 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. Yet I had 25 guys who came every day at 7:30 in the morning for five days 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 wonderful indigenous people, people from several tribes up there.

We did a breathing session on a buffalo hide that took up the floor of my host'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 pissed some people off... And at times I deliberately alienated myself from some people because we had such strong disagreements about certain things.

But any negativity that I experienced, I can say that it was always 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 my rather cavalier attitude toward personal boundary issues. But no one has ever been harmed in any way.

Breathing is one of the safest things in the world when you think about it. But not breathing might be a bit dangerous!

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. And what is more simple and basic than breathing? It is literally right under our nose. And yet we overlook it—the power of it. We underestimate the power of it.

If 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 and potential of breathwork.

They will not need any convincing after that!

T. Great! Super! Thank you.

D. Thank you.

Part 7

More Questions About Breathwork

These questions were submitted to Dan by the editor and by readers of Russian Spirit Magazine in the spring of 2004.

- Why Breathe? What are the main Principles of Breathwork?
- What is Rebirthing?
- How does your vision and approach relate to other methods?
- What Personal Discoveries have you made?
- What's the Effect of Combining Different Practices?
- What are some of the Spiritual Aspects of Breathing?
- What is the Connection Between Breathing and Performance?
- Do Different Cultures Require Different Approaches?
- What are Your Short and Long Term Plans?
- What is Your Idea of Perfection?
- Do You Have Any Final Advice?

Why breathe? What are main principles of Breathwork? And what is Rebirthing?

Breathing is happening all the time. You can go weeks without food, days without water, but only minutes without breath.

70% of our toxins and metabolic waste are eliminated through breathing (with only 3% through defecation, 7% through urination, and 20% through perspiration). Healthy breathing is vital to healthy living.

The average person breathes unconsciously 15 to 20 thousand times a day. Even a small conscious improvement in breathing will accumulate and result in profound improvement of health and wellbeing.

Breath is the rainbow bridge linking body, mind and spirit. It is the link between the conscious, unconscious, subconscious, preconscious and “super” conscious or divine universal mind.

It’s not a question of “why breathe,” it is a question of how fully and freely do you breathe!

The main principles of Breathwork are expressed in what I call “The Formula for Transformation:” Awareness, Relaxation, and Breathing. Rebirthing is one method of applying this formula.

Awareness is the consciousness factor; the message is “wake up!” Relaxation is the release factor; the message is “let go!” Breathing is the energy factor; the message is “take charge!”

Rebirthing is a specific form or style of breathwork. It is the art of breathing energy as well as air. It is a way of using the breath as a tool for health, growth and change.

Exploring The Art And Science Of Breathwork

It means breathing in a conscious connected way: the inhale is active, and the exhale is passive. There are no pauses or gaps between the breaths.

It is an intuitive breathing rhythm in which the outer breath, which is air merges with the inner breath, which is spirit.

The benefits include a real and direct and a very remarkable experience of love and light, of freedom and safety, of peace and power, of oneness and wholeness.

How do the teachings of Osho and practices such as yoga, chi kung, Rebirthing and Holotropic Breathwork relate to your current vision and approach?

I have studied and practiced all these methods, and so you could say that my approach integrates them all. My work is built on a synthesis of these and many other practices.

Some of the roots of my system are ancient and some are modern. Some are self-discovered or personally developed.

What all the methods have in common is that they result in mind-body healing and spiritual awakening or growth. For me the greatest potential value they hold is self-realization.

I have worked to distill all the various practices, and to pass on the essence of each in a way that is suited to our times and suited to each individual who comes to me.

My style of Breathwork is unique; it is my own creative combination of art and science. I call it “Spiritual Breathing.”

What personal discoveries have you made in your own process? What's the effect of combining different practices in your experience?

I have been called the Bruce Lee of Breathwork because I have mixed and merged a number of different schools and styles and approaches to breathing. And I feel like the Will Rogers of Breathwork because I never met a breathing technique that I didn't like!

Synthesizing and cross pollinating is a creative approach that allows a broader and deeper experience of the power and potential of breathwork; and it yields many new discoveries.

Within the breath is vital energy, life force. We can heal the body with mind and breath, and we can heal the mind with body and breath.

We all contain the seed of greatness. I believe we are all meant to be a Buddha, a Jesus, a Lao Tse, a Krishna, a Moses, a Mohamed. We are far more powerful than we have been led to believe. And we have far greater creative abilities than most of us can imagine!

On a practical level, I have come to realize that the breath is a key, a door, a bridge to our highest potential. I've also discovered that breathing patterns are like living fingerprints. Each one is unique and constantly changing.

Every spiritual, psychological, emotional, chemical or physiological state has a specific corresponding breathing pattern. When your state changes your breathing pattern also changes. And vice-versa: by changing your breathing pattern you can change your psychological, emotional, or physiological state.

Your books and articles about Breathing, Breath Therapy, Zen, the Art of Breathing, and others talk about physical, mental, and spiritual transformation. Tell us more about the spiritual aspect.

Breath is life. The words “inspiration, expiration, respiration” come from the Latin root “spiritus:” the animating principle of life. So, breathing is all about spirit. It is a profound yet practical yet spiritual activity.

We are all connected. This is not just a pretty spiritual idea: it is a fact in reality. The breath literally connects us. It connects us to each other, and it connects us all to God or life.

Sitting together here, the breath that is in me now was in you just a few minutes ago. The breath that is in you now was in the bird flying overhead yesterday, and it will be in the dog walking down the street tomorrow. Conscious breathing gives us a direct experience of this connection.

Every great spiritual teacher has taught us that the nature of breath is something sacred. In my own searching I have found that the most spiritually advanced people are also the most conscious; and the most conscious people are also the most spiritual.

To be spiritual is to be conscious; to be conscious is to be spiritual. Every breath can be a prayer. Every breath can be a blessing.

Every breath can bring healing and transformation. All that is needed is for us to bring consciousness to every breath. Miracles happen when we breathe consciously.

You have become famous in Russia because of your work with Sasha Karelin, and many other Olympic athletes. What is the connection between breathing and performance in sport?

Yes, I worked with members of the judo team, the triathlon team, and the rowing team. And I worked with Greco-Roman wrestling legend Alexander Karelin. It was in 1992, when the Olympics were in Barcelona.

He was such a powerful athlete, with awesome force. He was famous for quickly overcoming and even overwhelming all of his opponents. And yet when we met, he was down and out with the flu.

He was sick and tired, and obviously in need of bed rest, but he honored me by keeping his first scheduled appointment with me. I was so impressed with his strength and his power and with his heart.

He had amazing athletic abilities. He was massive. His neck was as big around as my thigh, and he towered over me.

Thinking out loud about his illness, I said: "Sasha, look at you! You are a monster! You can pick me up and break me in half! Yet a tiny little microbe—a microscopic bacteria can knock you on your ass and send you to the hospital! Don't you find that strange?" He could only say "Da!"

I couldn't possibly improve his wrestling techniques, but I was able to help him learn to build up his immune system; and to recover from illnesses and injuries more quickly.

Breathwork helped him to prepare better before matches, to rest more deeply between matches, and to recharge more quickly after them.

By practicing certain breathing techniques, one can better vent fatigue. By being more aware of breathing, one can gain an advantage over the competition. And with conscious breathing, one can remain in peak states longer.

Breathing helps one to focus energy and awareness. Breath control helps one to remain centered. And breathing can be used to maintain a state of poise and grace, of balance and power.

About people in different countries: you have been to forty countries. Do you have to adapt your teaching methods to different psychologies and cultures?

I have found that people are the same everywhere I go. Any differences are on the surface, and this work takes us to the deepest levels of our being, where we are all one and the same.

Of course, different cultures and different people have their own unique story, their own history, and I try to honor that. I try to meet people at the level they are on.

I try to frame my work and words in ways that people can understand, based on their cultural or religious training and their individual mindset.

Actually, one of the most beautiful things about this work is that it can bypass the mind. I teach from the heart, to the heart, with the heart. And this place is open to us all, no matter what our social, cultural, religious or intellectual background.

But sometimes it does require a leap. It can mean letting go of one's past, letting go of one's traditional beliefs, and family, religious or social programming. And in some cultures, this can be a real challenge. It may even be taboo!

What are your short and long term plans?

My plan? It is to fulfill my purpose in life; to express and reflect my highest truth, to embody my higher self. In the short and long term, my plan is to surrender to the spirit of breath, to be guided by the angel of breath, and to trust the energy of the moment.

My plan is to keep awakening inner peace and promoting world peace.

My plan is to live, love, learn, and serve. To live and breathe fully and freely for as long as humanly possible!

I see myself traveling constantly for a few more years, and then settling down somewhere in the world to create a garden: an earthly garden with delicious fruits and vegetables; and a spiritual garden, where Buddha's and Krishna's and Jesus's and Lao Tzu's can blossom and grow!

And I see people I have met along the way of my travels joining me in that work.

Our magazine is for people who are seeking perfection in all areas of life. What is your idea of perfection?

Perfection is what is. Perfection is realizing who we really are. It is awakening fully to our essence, to our real true self.

Perfection is seen in peak performance, it is felt in optimum health, and it is expressed in our ultimate potential.

To be perfect is to be a unique reflection and expression of our essence and our source. Perfection is our birthright.

Regardless of what we think, how we feel, or how it looks, perfection is our natural state as well as our destiny.

Perfection is living simply in pure light and love of conscious awareness!

Perfection is not a goal: it is a process. We are already perfect, and we can become more perfect!

Is there anything else you would like to tell our readers? Do you have any final thoughts?

Yes. Remember that every breath can be a prayer, and every breath is a blessing.

Be careful what you think about, because every breath you take gives life to what you think!

Thank you for your questions, and for your interest in Breathwork!

ABOUT THE AUTHOR

Dan Brulé is a modern-day teacher and healer—an innovative, unorthodox, irreverent, creative, game-changing entrepreneur. He is a master of Prana Yoga (the Hindu Science of Breath), and of Chi Kung/Qigong (Chinese Medical Breathing Exercises).

Dan is a world-renown pioneer in the field of Breathwork, and leader of the worldwide Spiritual Breathing Movement. He is one of the originators of Breath Therapy, and was among the first group of Internationally Certified Rebirthers.

More than 100,000 people in over 45 countries now apply Dan's breathing exercises and techniques in their work and in their lives.

Among his students and followers are Olympic champions and elite martial artists, leading psychotherapists and medical experts; monks, meditators, hospice workers, yoga teachers, performing artists, personal trainers, substance abuse and pastoral counselors, health practitioners, life coaches, and business executives.

Dan is the author of: "A Formula for Transformation," "The Principles of Breath Therapy," "Zen and the Art of Breathing," "Stress and Breathing," "A Brief Introduction to Chinese Medical Breathing Exercises," "The Art and Science of Breathwork," and "Spiritual Breathing."

He originally trained as an X-Ray Technologist at New England Medical Center (University Hospital) and Northeastern University.

He served in the US Navy during the Vietnam Era as an independent duty hospital corpsman, Deep Sea Diver, and Emergency Medical Rescue Specialist. Then he worked as a CPR, First aid, and Emergency Medical Technician instructor trainer.

He majored in Human Development and Learning at the University of Massachusetts Dartmouth and graduated in 1984 with a Bachelor of Science degree in Business and Education.

In 1985, he designed and completed a Master's Program in the Healing Arts at Lesley College in Cambridge, called "The Breath as a Tool for Health Growth and Change."

Dan is a life long student and practitioner of the Healing Arts, Zen, and Meditation. He founded The Growth Center, Inc.: one of New England's first Alternative Education and Holistic Healing Centers.

He developed the first-in-the-nation "Stress and Coping" program for American Red Cross workers and was the founding president of the Massachusetts Self-Esteem Council. He also served as the Director of Youth Education for the Council on Alcohol.

In 1980, Dan traveled to India where he was personally initiated and given the name "Guchu Ram Singh" by the legendary immortal yogi master Babaji (described in Pramahansa Yogananda's book: "Autobiography of a Yogi").

He continues to guide spiritual pilgrims to India on a regular basis.

Dan lived in the Osho community in Oregon and took part in the original Breath Therapy Program at the Rajneesh International Meditation University.

He learned Prana Yoga from Swami Rama and did biofeedback training at the Himalayan Institute in Pennsylvania.

He studied “Breathing Coordination” with Carl Stough in New York City.

He has studied and traveled extensively with Leonard Orr, the founder of the Rebirthing movement; and he learned Holotropic Breathwork from its founder Stan Grof.

In 1985, he was invited to China by Master Hu Bin to study and practice Medical Chi Kung at the Academy of Chinese Medicine in Beijing.

In 1990, Dan founded One Sky International Life Skills and Healing Arts Institute to foster cultural exchange between the USA and the USSR.

He presented at the First International Free Breathing Conference in Moscow. The response was so strong and enthusiastic that he moved his practice to Russia during the collapse of Communism in 1991.

He took part in a ten-year study of Breathwork with the Russian Academy of Science and worked with world champion Greco-Roman wrestler Alexander Karelin, as well as members of the Olympic judo, triathlon, rowing and tennis teams. In all, he has trained over 10,000 people in Russia, including more than 500 medical doctors, psychiatrists and psychologists.

From 2001 to 2003, he served as Chairman of the Massachusetts South Coast Hospitals Group’s Cardiovascular Health Committee and Youth Risk Behaviors Task Force. There he helped design and implement cutting edge, science-based health promotion and disease prevention initiatives.

Dan is a frequent local and national radio and television guest, and he has done seminars, workshops and trainings in such diverse locations as the Open Centre in London, Aurora College in the Northwest Territories of Canada, the National Conservatory of Music in Estonia, the San Pedro Federal Penitentiary in Bolivia, the Bashkir State Medical Institute in Ufa, and at the Ritz Carlton Hotel in Cancun.

In 2007 Dan co-founded Baja Bio Sana (www.bajabiosana.com).

This is a 28-acre intentional community and nature reserve in Los Cabos, Mexico, where his home, office, studio, and Training Center are now located.

For more information about Breathwork and the International Training Center, visit www.breathmastery.com.

Email dan@breathmastery.com

What Others Say About Dan and Breathwork

I was able to let go of my negative emotional patterns. Now I am more in touch with myself, and I have more clarity... (Susan, Artist)

I feel that something changed in my life. It seems to me that I stopped being afraid. And I like this state very much! (Lida, Retired Teacher)

I feel I am in better physical, mental and emotional condition. More in my own energy... (Min Ja, Designer)

My mind became very quiet... no thoughts, but much more conscious! (Hilda, Dance Instructor)

It opened hidden places in me where grief resided and gave it the space and the energy to move and open and transform. A truly liberating experience! (Linda, Life Coach)

I definitely feel reborn and renewed. I feel loose, soft, and open. I can believe this has happened to me! Thank you so much! (T.W. Student)

I was free from thought, in pure exaltation and beauty, full of joy. Indescribably wonderful! (D.L. University Professor)

Many people talk about energy—prana, chi, ki. And I've read many books about it. But breathwork gave me my first real experience of it! (Don, Attorney)

I relaxed into a lot of peace. I felt energy from my head to my toes. So nice! (Yvonne, Executive Secretary)

I've seen a lot of techniques and methods that offer a path to myself. But until now I had not met one so simple yet effective.

(Mark, Business Consultant)

I felt strong energy, warmth, happiness, love, power, and balance

(Gerome, Executive Coaching)

Very Powerful! I felt bigger, expanded... I felt a diminishing of negative thoughts. (Hanna, Yoga Instructor)

My love of life and for everything and everyone is stronger; I feel greater clarity (Maria, Marketing)

Dan opened a door for me, and on the other side was my destiny. I'll be forever grateful! Tom, Security Professional)

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, a world-renowned leader in the field, has been 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!