

Hello Breathers!

I am writing to you from Sevastapol. It's in the Crimea on the Black Sea. I'll be spending the next three weeks here in the Ukraine, before heading on to Kazakhstan. My recent visits to Moscow and Ufa (Bashkortostan) were so wonderful. I am still feeling the pleasure of my week on the on The Hill That Breathes in Italy, but already looking forward to August 2007 when I'll go back again!

My first stop on this trip was Vilnius. It was "Graduation Week" and we celebrated the first group of Certified Lithuanian Breathworkers! Congratulations to: Algita, Nijole, Andrius, Dalia, Sigute, Valdas, Ruslanas, Skirmante, Jurate, Viktoras, Renata, Marija, Dijana, Vida, Daiva, Vidmantas, Sabina, Ausra, Snieguole, Janina, Romualdas, Daiva and Rita.

In the past 15 months these 23 committed and devoted healers and teachers, coaches and guides have facilitated over 1000 breathing sessions! During the certification ceremony, we heard from each of these people, and we heard from others in the community, those who lovingly attested to their knowledge and skills. The following are quotes and notes I took during their presentations. It gives a wonderful view of the power and potential of Breath Awareness and Conscious Breathing.

Breathwork is a way to listen with the heart
Breathwork allows us to reflect and express the greatness within.
Breathwork is an opportunity to practice the "power of presence"
Breathwork is conscious loving action toward the ultimate goal and purpose of life
Breathwork helps us to master non-attachment
Breathwork gives us the experience of oneness and wholeness
Breathwork makes us a creative partner in the game of life
Breathwork is a natural alternative to therapy for pain, guilt, and all forms of suffering
Breathwork gives us the power to do what we could not do before
Breathwork turns limitations into points of power
Breathwork awakens in us the source and destiny of human life
Breathwork teaches us to breathe with our whole body, our whole being
Breathwork offers a safe way out of darkness
Breathwork helps us to change our direction in life, and to manage the changes in life
Breathwork awakens the inner healer
Breathwork gives us the strength to take a leap—the courage to fly
Breathwork allows us to release old memories and to transform the past
Breathwork gives us back our lives
Breathwork causes miracles
Breathwork opens the heart
Breathwork awakens, deepens and expands our consciousness
Breathwork allows us to consciously merge with the energy of life
Breathwork provides fuel for transformation
Breathwork is a way to enter the "eternal stream"
Breathwork helps us to understand ourselves and to work with this understanding
Breathwork supports conscious birthing of the divine inner child
Breathwork is a way to actualize our spiritual (divine) potential
Breathwork allows us to find our "voice," to sing from the soul
Breathwork bridges the gap between student and teacher, teacher and student
Breathwork allows us to touch and be guided by the soul
Breathwork is a way to share love and happiness
Breathwork shows us that illness is a spiritual gift of awakening, learning and growth
Breathwork brings unity of body mind and soul
Breathwork is the most powerful tool for self-healing
Breathwork causes us to trust in our potential
Breathwork allows us to express our natural healing, leading, and teaching abilities
Breathwork is a way to

enjoy and play your way forward through life Breathwork is a way to explore our inner-most sky Breathwork is away to go safely into the storms of life and to find our greatest treasures Breathwork helps us to trust in life, regardless of the fears and pains Breathwork gives us a way out of the past and into the future Breathwork is being fully present in each moment Breathwork is a way of knowing truth, reality, and the right path of development Breathwork returns us to the original silence Breathwork helps us to not reject what we don't understand Breathwork removes karmic imprints Breathwork allows us to fully experience life energy Breathwork awakens and strengthens our connection to light, life, our ancestors, nature Breathwork gives us a way out of fear and darkness into love and light

This month has brought many insights and realizations. Not all of us are accomplished yogis who can sit in the full lotus position, but all of us can breathe! We forget how healing the simple feeling of happiness can be. It is such a positive state from which problems can be solved and growth can occur. But it's a chicken or egg thing. We don't seem able to feel happy until our problems are resolved or the pain goes away. Yet the real truth is this: nothing has to change in order for us to be happy! We can master the art of enjoying ourselves and life regardless of situations and circumstances in or around us.

We've all had the experience of trying to remember someone's name, or where we put our keys. And the more we struggle to remember, the further away we get. Yet when we relax and let go, the answer simply pops up by itself. So my advice this month is this: go directly for comfort and pleasure—of love and peace and joy—in each moment. Be patient, and see what inspirations, insights and answers arise by themselves!

In November, I'll be going back to Sedona and Santa Barbara again, and in December, I'll be visiting Lafayette, Louisiana for the first time. Check the website for details. Thank you to everyone who responded to my request for transcribers. I had no idea that so many people would be willing to help! I am so grateful! I am so blessed!

May every breath bring you peace and power, happiness and healing.

Yours in the Spirit of Breath,

Dan

PS: Are you feeling the pull to India in January? There's still time to join our little group of pilgrims and adventurers! And don't forget to plan for our 10-day Estonian nature tour in June.