

BREATHWORK

*How Breathing Techniques
and Breath Training
can Relax and Energize you
in Spirit, Mind and Body*



**BREATH
MASTERY**

BREATH ENERGY TRAINING

With Dan Brulé



www.BreathMastery.com

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CHAPTER 1

Breathing Your Way Home And 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 you 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.

CHAPTER 2

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, 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 you use your 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.

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.

CHAPTER 3

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 the 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,” but 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.

CHAPTER 4

Letting Go: A Basic Skill, And The First Step Toward 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. You let go of the breath and you let go of tensions.

This practice of letting go is the first step in moving towards who we really are. You cannot go forward until you let go of where you 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.

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.

CHAPTER 5

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.

CHAPTER 6

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 body system is always tense or holding on because it's lacking that sense of rootedness, grounded-ness in the earth. 'Conscious Breathing' can give us that sense.

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!

CHAPTER 7

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 our 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. 95% or 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. And then they become very conscious of it. But they're only conscious of it until the problem goes away, and then they go back to the same old unconsciousness.

Breathing consciously is very magical; and bringing together consciousness and relaxation is amazingly powerful, because 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 our consciousness out of the way in order for it to relax and rejuvenate; because our consciousness is so busy, so driven, so chaotic, that in the presence of the constant chatter that's going on—the fears, the desires, the memories—when all that stuff is happening in our consciousness, our body is not able to

relax, 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.

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.

CHAPTER 8

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 they find themselves looking back on it at some point in time and saying: “Ah yes I remember that time, that day. Wow I felt so connected to everyone! Everything was right with the world. There were no questions. Everything was perfectly clear. I was connected to everything. There was this 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. You can train into your system a certain way of breathing. It's actually the natural dynamics of breathing that you awaken to and make use of...

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

CHAPTER 9

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

There are a certain breathing patterns, certain ways of breathing that are associated with very amazing states of consciousness, states of ecstasy, states of bliss, states of profound peace... creative, powerful resourceful states. When you engage in those breathing patterns, in those ways of breathing, you move your system towards 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 too 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.

CHAPTER 10

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, just 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, 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 there—pure and 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.

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.

The Practice of Breath Awareness

Engaging the Exhale

The Coming Home Breath