

## October 2007 Breath and Breathing Report

Hello Everyone!

I start this report on a jet from Moscow to Frankfurt, where I will connect to Paris, then home to Texas a few days early, to enjoy some rest, relaxation and celebration! I am glowing in the golden orange sunset pouring through the window of this Lufthansa flight, and I'm glowing in all the love and light that everyone has blessed me with on this trip.

Love and gratitude go out to all my hosts and organizers in France, Italy, Lithuania, Russia, Bashkortostan, Ukraine, and Kazakhstan: to Catherine and Stephane, John, Gaia and Monica, to Andrius and Eva, Sergei and Lera, Giridja, Suvaha, Krishnadas, and Haridas, to Tanya, Svetlana and Sergei, to Oleg and Tanya, to Jenya, Zoya, and Dinara, to Julia and Natasha, to Nina, Vitali and Aclima, and so many others!

And a very special thank you goes out to Luba Bogdanova, my loving friend, business partner and coordinator for this trip. You inspired everyone along the way with your clarity and honesty, your power and passion, and of course the beauty and magic of your yogic dance! Thank you for helping me to stay awake and to keep one foot in each world!

So many new young people, and so many elders, have participated in the seminars and sessions recently. What a privilege it is to be with these people as they open and move into new possibilities. I am so inspired by their passion and commitment, and their zest for life! Two new practitioner groups have started up: in the Ukraine and in Kazakhstan.

At every stop along the way, I have seen how the simple and honest practice of Spiritual Breathing leads directly to more health and happiness, to greater love, joy and peace, to genuine serenity, and to profound freedom. I am seeing how people are using this simple practice to integrate ultimate reality into their daily existence.

What an honor it is to serve people who are investing their physical, mental and emotional energies into the eternal and luminous aspects of life, rather than the things that bring us pain and suffering!

Breathworkers are spiritual change agents—par excellence! Our work is changing lives and it is transforming the world—one body, mind and heart at a time (starting with our own)! Many of us are on the brink—and many of us have already made the leap—out of the old patterns and into a whole new way of living and being in the world!

Spiritual Breathing offers anyone with a belly button a simple and direct way to master the unconscious, conditioned, emotional mind. It provides a means of transcending our dysfunctional reflexes and reactions.

It gives us a way to move consciously beyond the superficial habits and patterns of mundane thinking, feeling and behavior. It awakens us to a connection—to a consciousness—that is both deeper and higher than mind, body and emotions—beyond personalities and egos.

In mastering the basic elements of Breathwork we are learning to make even the worst situations tolerable, and the even most difficult conditions manageable. We are learning to experience calm in the midst of cruelties and to choose peace in the midst of tragedies.

We are transcending the old, dusty, crowded, stiff, stuffy world of struggle and suffering one breath at a time! The practice is strengthening our natural ability to generate love and to use every life experience as grist for the mill of "Self-Realization." Spiritual Breathing leads to the knowledge of our "Real True Self." Direct experience of this eternal absolute nature causes immediate and permanent lessening of suffering—but only every time!

We are using the breath to become more conscious and more aware. We are awakening to our "Full Potential Self." We are purifying our consciousness, clearing away personal, cultural and religious projections, prejudices, distortions, and limitations—baggage. We are inventing new unique ways of transforming ourselves and the world.

Make no mistake: personal transformation is required before planetary transformation is possible. Personal transformation is needed before we can understand the words of Jesus, the Buddha, or any other great teacher. In order to live the life that they taught, something has to happen within us first: something similar to what happened in them.

Our process always takes a quantum leap forward when we change our relationship to our thoughts, feelings and emotions. When one person feels sad, they are feeling the same sadness that billions of other people have felt and will feel: the same anger, the same fear, the same confusion, the same doubt, the same anxiety, the same pain, the same tension.

These things are not personal, they are universal. They are like the weather. When it rains, it doesn't rain on you, it just rains! When thoughts, feelings and emotions come, they don't happen to you, they just happen.

The test of any psychology, any philosophy, or self-improvement method is whether it improves our spiritual health and well-being. I ask: Does it transform the individual? Does it reduce suffering? Does it bring lasting peace? Does it lead to liberation?

Breathwork—Spiritual Breathing—passes that test with flying colors! But each of us has to be our own guide, our own scientist, our own teacher, our own healer. I love turning people on to the awesome power of thought, breath and touch! I love turning skeptics into believers! I invite you to discover, explore and develop this ancient art and sacred science that we call Breathwork, or Spiritual Breathing.

The next series of sessions and seminars are in Sedona Arizona from Nov. 9-16; Santa Barbara, California, Nov 17-22; Lafayette, Louisiana, Dec 4-10.

For more information, go to the seminar schedule page. Visit [www.breathmastery.com](http://www.breathmastery.com). Email me at danbrule1008@hotmail.com; or call me at 508-345-7574.

January 2007: The India Adventure. 16 people have already booked for the trip so far. (I expected only 5 or 6!) And several others say they are planning to come, so we will keep the circle open for one more week.

June 2007: 10-day Estonian Spiritual Breathing/Nature Tour.... Many spaces still open!

In 2007, we'll also be busy in the USA, Mexico, Russia, Kazakhstan, Italy, France, Spain, Lithuania, with invitations from several other countries. But I will finalize the rest the schedule after the India trip. (Who knows what India will bring!)

So, that's it for this month... I think I managed to get the newsletter almost in the nick of time! At the moment, I am having fun driving my '86 Corvette from Massachusetts to Texas. We are driving south, looking for a beach to lay on for one day before heading west.

With love and blessings, in the Spirit of Breath,

Dan (Guchu Ram Singh)