

Welcome to the August 2006 Breath and Breathing Report:

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Many people wonder how something as simple as conscious breathing can cause such beautiful and powerful experiences. How it is that breathwork can produce so many healing miracles? This month, I'll let you in on a couple of secrets. But first some news:

I'm in Amarillo now, enjoying time at home with Gulnur, and catching up in the office. I've been moving ahead on the publishing projects: looking for people to do some transcribing—turning audio and video recordings of sessions and seminars into word text files. It may be a way to earn some cash, or to exchange for breathwork training. Let me know if you can help.

Since the last report, we did another 7-day practitioner training in Cancun. We gathered in a daycare center. The energy was so light and playful. And we also did breathing in cold water near Tulum, where the clear pools flow into underground caverns. All the practitioners made such great leaps in their personal process, and in their ability to share the healing power of spiritual breathing with others. Thank you to everyone there for your love of life and breath!

Aug 4-8, I was at the Windham Retreat in Windham, NY in the Northern Catskills, where it was especially easy to melt into the love and light that surrounds and permeates us all the time. The hills were so lush and green. There were butterflies and dragonflies, hummingbirds and barn swallows. There were buttercups and honeysuckle. The air was so sweet and so filled with life! We gathered in the barn (yoga studio) as well as out on the grass.

We ate blueberries and watermelon, tomatoes, cucumbers and kale, and fresh herbs right out of the garden! Thank you to Michael Pyform from the Bahamas for organizing the event. Thank you to Hugh and Carol for providing such a perfect place for Spiritual Breathing. Thank you to special guest Mike White (www.breathing.com) for assisting at the workshop. Thank you to everyone who took part. And thank you to Satya Sai Baba for his blessing of this work.

After New York, I got to visit family and friends in Massachusetts and Rhode Island. And then Tom and Rozana organized another breathwork event in New Hampshire. Babaji was in the air! Thank you to everyone who made the weekend so health-full and growth-full.

Next on the schedule: Sept 6 to Oct 31, I'll be in Lithuania, Italy, Russia, the Ukraine, Kazakhstan, and France. November 10-16, is the "Sedona Gathering." This week of breathwork is growing into a mini holistic festival. Several international teachers and trainers will take part, so don't miss it! From November 17-23, we'll take the show to Santa Barbara again. And the final stop on my 2006 schedule will be Lafayette, LA, in early December.

2007 already holds some high points! The first is India in January. If you feel the pull of this ancient land, or the call of the immortal yogis, we still have two places open. You are invited to join our little group on this extraordinary spiritual adventure. In June of 2007 we plan a special "10-day Breathwork Training" and "Nature Tour" of Estonia. And then I'll attend the International Breathwork Foundation's Global Inspiration Conference, in Turkey in July.

By the way, thanks to Ivonne Delaflor www.masterylife.com, I've breathed with some wonderful teachers. Vernon Woolf: www.holodynamics.com; Toby Alexander: www.dnaperfection.com.

The Secrets to achieving extraordinary results in Breathwork

I have been suggesting that people play with their breath for a long time. In 1978, I wrote an article called "Games Breathers Play." Portions of it were pirated and plagiarized, copied, edited, and re-written and used in advertising by many people over the years. So in celebration, I am offering this article so that people will steal it, use it, pass it on, or claim it as their own!

First of all, there is a beautiful dance we can do with the breath and with life for that matter. We can direct the course of our lives and we can control the flow of our breath. We can take over from the automatic pilot. And we can also surrender to the flow of life and enjoy the experience of being breathed by the breath itself. What a pleasure it is to feel this vibrant living energy (often called prana, ki, chi, spirit, or life force) flow through us with every breath! And what an awesome privilege and blessing it is to play a conscious part in creating this miracle called life!

Much of the remarkable results of breathwork come for two simple reasons. First, while breathing, we bring together two states that rarely meet in everyday life: awareness and relaxation. Conscious Breathing heightens awareness and deepens relaxation. To be wide awake and completely relaxed at the same time is so rare and unique that when people experience it for the first time, they describe the moment in terms of a peak, mystical, or

religious experience.

You may have noticed that the more relaxed you get during a session, the more you tend to go unconscious. In fact, the average person literally sleeps through his or her most relaxed times! It's as if nature has to get you and your mind out of the way every night so that your body can relax and release and rejuvenate itself in your absence. So the first secret is to bring together alertness and relaxation: to be relaxed and conscious at the same time. It's that simple!

Another secret is to combine complete relaxation with energetic breathing. Again, these two states rarely coincide. When people breathe deeply or quickly, they create stress and tension: they lose their relaxation. And when people relax completely, their breathing practically disappears. This is normal: when relaxed, there is no physiological demand for energy, and so the chemical triggers that control breathing simply do not fire off. But we can override this basic functioning: while relaxing, we can literally breathe our way to higher states of being.

So the game is to maintain relaxation while breathing in an active way: engage in full free powerful breathing and yet remain in a state of total relaxation. Achieving this "energized calm" is a basic step in breath mastery. Go for more relaxation and more energy at once: more peace and more power. Do this and you will experience the most amazing and beautiful awakenings to life and love, to joy and peace, to creative energy and even ecstasy!

Master these fundamental skills: Awareness, Relaxation and Breath Control. Engage all three of these elements at the same time: not giving up one to gain the other, not sacrificing one to obtain the other. I love turning people on to this natural healing ability. And I've trained hundreds of others around the world to coach you through to success. But you can explore this on your own. Do it now. Play with these elements. Dance with the breath!

Start by creating a little extra space between your teeth. Your jaw is a like a gate: open it a little more than usual. A relaxed jaw with open or closed mouth is an invitation for breath to come and go more easily. You probably go through your day with an unconsciously held jaw. Your teeth tend to tighten, lock, or set in a certain habitual way. Relax your jaw and make a space between your teeth. Guard this opening. And consciously breathe through this little extra space.

Now follow the path that the breath takes when it comes into you. Think of this: when someone important walks down the street, there are often a couple of people who walk ahead, clearing the way for this important

person. You need to do this, to be this for the breath. Clear the way, open the path, so that the breath meets no resistance, so that it doesn't have to force or squeeze its way around or through anything, to come and go.

Can you soften and open your throat? Use the sound of the breath as a gauge. Remember that the wind makes no noise. What we call the sound of the wind only occurs when the wind hits something, when it has to go around something, or through something. When something is in way of the wind, then a noise is created: otherwise the wind (breath) is silent. When your throat is soft and open and relaxed, the breaths are soft and quiet. When your throat is tight or constricted, you can hear a "scratchy" sound in the breath.

Big breaths don't have to be noisy! Practice taking big full deep silent inhales. Then allow a windy (noisy) exhale. Keep the inhales silent, but make whatever noise feels good on the exhale: whatever breath sounds are fun or interesting. Breathe in a powerful steady rhythm for several minutes. Play with it!

Can you open and relax and expand your chest? Can you open and expand your rib cage? Can you open the entire breathing cavity: side to side, front to back, top to bottom? Stretch and yawn right now. Give yourself a couple of big sighs of relief. Can you open and soften your belly? Can you allow breath-energy to flow deeply into your core, and all the way down to your perineum?

When you open and expand your breathing cavity, the breath like a good dance partner, instantly responds. It fills the space that you create. And when the breath comes in and tries to expand you, like a good dance partner, you can relax and open: expand and allow the breath to fill you.

So there it is: a beautiful dance. When the breath comes in, you open and expand around it... inviting, allowing, receiving, and joyfully accepting. And when you open and expand your body, the breath responds... it flows in, soothing, strengthening, and delighting you!

Who is breathing who? Are you breathing the breath? Or is the breath breathing you? I hope you get lost in this dance! I hope that who you thought was doing the breathing takes a back seat, and something begins to breathe you! I hope you can let the body breathe itself. And I hope you can breathe love and light and eternal life into every cell of your body!

Here's another thing that explains all the profound results of Spiritual Breathing: In breathwork, we literally practice choosing and changing our focus... we employ a real and practical method of changing our state, what

and how they think, what and how we feel! That is so empowering!

Good luck in your practice.

Call or write with questions or comments, experiences or insights.

Yours in the Spirit of Breath,

Dan