

Hello Everyone,

Welcome to the July 2009 Breath and Breathing Report.

I'm in Barcelona at the moment, feeling so grateful to Sylvia (www.rebirthinginjoy.com) for organizing such a wonderful event here! On July 14, I'll head to Baikal Lake in Russia—the largest and deepest fresh water lake on earth, then to Novosibirsk (haven't been there since 1992 when I worked with world champion Greco-Roman wrestler Sasha Karilen). After that, I'll go to Issyk-kul Lake in Kyrgyzstan for another amazing retreat!

After Kyrgyzstan I'll fly to The Hill That Breathes in Italy (Aug 13-20). There are still a few spaces open for the week. The theme is "Feeling Good No Matter What." It's about identifying and dropping the psychological, emotional, and behavioral habits and patterns that keep us from experiencing love and peace and joy every day of our lives—regardless of what happens in us or around us. Visit www.thehillthatbreathes.com to register.

After Italy I'll be in Ufa and Tyumen (Central Russia), and then Moscow. Late summer is a great time to visit Russia. And the program at the Open World Center (Sept. 2-12) is sure to be a powerful transformational experience! Contact me if you'd like to take part.

I'll be back on the East Coast of the USA Sept 14; then in Nassau, Bahamas from Sept. 24 to Oct 2. This is a great chance to enjoy an island vacation while you master the most important aspects of Breathwork. Contact: mikepyform@yahoo.com to register.

The last stop on the 2009 schedule is Ventura, California: Oct 14-24. Georgina will be hosting the program again. Contact: 805-647-7930, lgeorginataylor@gmail.com. After that, I head back to Baja Bio Sana, to plant the gardens!

Traveling seems to put me full on into the "teaching mode." Questions awaken my 'inner teacher' and I've been getting a lot of questions by email lately, so I may as well turn this newsletter into a lecture!

THE LAW OF ATTRACTION

It seems to me that most people simply don't realize how powerful and creative their thoughts and emotions are. Whenever we think a thought or generate an emotion, we actually draw that energy into our lives. In other words, we are the cause of everything that happens in our experience. No if, ands, or buts about it! There are no exceptions.

This is a hard pill to swallow, especially for those who insist on blaming others or have the habit of complaining about the world. When we think a thought or generate an emotion, we create a current of energy, and the universe automatically responds by amplifying, magnifying and returning to us whatever we project. This is a universal law. And it works whether we are conscious of it or not, or whether we believe it or not.

Likes attract likes. Isn't that great! But it means we can't afford the luxury of a negative or limiting thought. And it means that we are engaging in counter productive and self-destructive behavior whenever we indulge in negative emotions—for any reason. What do you focus on throughout the day? What thought/feeling habits do you live with?

My favorite energies are freedom and safety, love, peace and joy, health and happiness. This accounts for my everyday experience. People, places and things constantly trigger these feelings in me again and again. I live these experiences because I deliberately focus on these thoughts and feelings. I don't have the luxury of denying that anymore.

Take a few moments right now. Close your eyes. Give yourself a few conscious breaths, and focus on any of these energies: What does freedom feel like? What does safety feel like? What does love and peace and joy feel like? What does health and happiness feel like? How often during the day do you focus on these feelings? And how often do you focus on their absence—or worse—their opposites?

Under every thought is another thought. Under every feeling is another feeling. Have you ever followed the thread of thoughts and feelings to see what lies at the bottom? We all have what in the early rebirthing days we called “specific negatives” or “personal lies,” like: “I'm not good enough.” “No one likes me.” “I'm stupid.” “I can't do it.” “People hurt me.” “I'm clumsy.” “Life is hard.” “I'll never get what I want.” “The world is against me.” The list goes on and on.

We need to acknowledge our creative power and stop using this power against ourselves. There is absolutely no reason why we cannot deliberately create the life we want. In fact “living deliberately” is exactly what we need to do. This process begins by focusing on these feelings—bringing to life these wonderful energies. But the real practice is knowing and feeling that you already have these things, that you are in fact the source of them.

For me, the biggest part of this process is using the breath to generate and radiate the energies of love and peace and joy. I use the breath to let go of resistance; I use the breath to send these energies out into the world. This requires no effort or expertise: just intention and willingness.

Do you feel free? Many people say no, and they point to their circumstances to show why they are not free. They don't feel free in their body, in their relationships, in their ability to travel, etc. But this is the classic chicken or the egg thing. What comes first: the experience or the thought/feeling?

How can you feel free, safe, peaceful, joyful, or fully alive, if deep down inside, you believe in limitation, scarcity, or powerlessness? The truth is that we have everything we need right now to live our dream, to fulfill our heart's desire. We are always already free. Breathwork is a simple and effective way to drop our conditioning—to clear away all the blocks and limitations that keep us from living life fully and freely.

A number of people have written to me lately, explaining that they'd like to attend a training, travel to Europe, or come to Mexico, but they don't have the money. Thinking or feeling that we don't have "enough" goes against the very essence and nature of life. But if you believe that something is complicated, difficult, or impossible, you are right. And your experience will prove that you are right.

Living in the Baja, observing life, playing in the garden, it is impossible not to see that abundance is the natural order of things. One watermelon gives us a hundred seeds. One ear of corn this season gives us a garden full of corn next season.

Breathwork helps us to tap into the truth of who we really are. And once we touch it, once we realize it, there's no going back, there is no forgetting or denying that we are pure unlimited potential. That's why I teach Spiritual Breathing. It causes awakening and transformation. It gives us the power to change our perspective, our attitude. It raises our vibrations, and we automatically awaken to higher and deeper levels of consciousness.

Breathing is a primal action. And in the physical world, actions—more than anything else—define us and determine our reality. Belief without action is just a head game. If you believe something, you have to act on it to make it real. The actions I take these days involve traveling, teaching, writing, and sharing the power of breath and breathing.

Self mastery comes with breath mastery. It comes when we master our thoughts and emotions. Webster defines mastery in this way: "to become skilled or proficient in the use of..." to gain a thorough understanding of..." In other words, mastery is about learning. And the best way to learn is to teach!

So, make sure that you learn to be your own best teacher! Play with your breath. Explore it, experiment with it. Make a list of the benefits and insights you receive; make a list of your favorite meditations and exercises; and then share your experience with others.

If you want support, or if you want to accelerate your process, take part in the trainings in Russia, Italy, the Bahamas, or the USA, or come to Mexico between November and July.

You are welcome to camp at Baja Bio Sana. Participate in the Life Skills/Healing Arts, Breath Mastery, and Permaculture Programs. Help with the design construction, organic farming, or permaculture course. Work, play, teach, learn, heal, and grow.

Los Cabos is a fantastic vacation/resort location. We'll be hiking, swimming, whale-watching, feasting on organic fruits and veggies, and of course we'll be doing lots of serious hammock meditations!

By the way, if you have not already seen "What If: The Movie," please go to: <http://www.whatifthemovie.tv/?Click=212>. Order the DVD, or view the film online.

Love and Thanks to the All and Small,
Dan