

SEPTEMBER 2009 BREATH AND BREATHING REPORT

Hello Everyone,

On Saturday October 17, at 11am eastern time (8am pacific time), I'll do a radio interview on Asheville Radio 880 AM 'The Revolution'. You can listen in by logging onto www.ViratoLive.com. We'll be talking about the Awakening that is occurring all over this planet; we'll be talking about Self-Realization and Liberation, and the Spiritual Breathing Movement. And I'll be sharing the latest breakthroughs in the Art and Science of Breathwork: the latest approach, focus, process and results. Be sure to tune in!

The final Breath and Breathing event of the year will be held in Ventura, CA from October 14th to the 24th. It will include an introductory seminar, a basic workshop, advanced practitioner training, informal gatherings, and private sessions by appointment. For more information, or to participate in all or any part of the program, call Georgina at 805-647-7930 (1georginataylor@gmail.com). Or call me at: 508-345-7574.

I plan to be back on the farm in Los Cabos by November 1st. The project is moving forward so perfectly! We are creating an intentional community, building a teaching and learning center, and developing the permaculture gardens. You are welcome to join us. Here's a chance to live the dream—to be the change you want to see in the world. You're also welcome to come down just to relax and play, or enjoy a vacation from winter!

Baja Bio Sana is about demonstrating a process that works. I cannot define that process. It emerges naturally and spontaneously because "we is smarter than me." Our vision is not toward any single way or method, nor is it guided by any single individual. It is grounded and oriented toward universal goodness. We are committed to what you could call "true solutions." A true solution is one that honors and respects all life, one that creates abundance for the individual and humanity, one that involves a deepening appreciation and conscious co-operation with Nature or "Divine Will."

We wrapped up the 2009 international tour with a ten day program in Moscow. The first part was at a Buddhist Retreat out in the country, and the second part was held at the Open World Center in the city. Thank you so much to Olga, and to everyone who took part in the program. It is such a blessing to be with real and courageous spiritual explorers... And it is so much fun to breathe with Budding Buddhas!

Since arriving in the US, we visited New York and Boston... we got tickets to "Stomp" and the "Blue Man Group." And I spent a week or so visiting family and friends. Took part in my brother's annual clam bake, did some sailing of Cape Cod, and some motoring on an old Harley. I decided to buy my sister's Ford F-150 4X4. We loaded it up with tools and supplies for the Baja, and started our cross country trip.

Thank you to Josh and Catherine, Sharon and Brian, Dianne, Dom, and Keith. Thank you to Paul and Victor, to Debra, Ali and Carol, to Dan and Donna, to Joshua, Ralph, Lucien, Alex, Ian, and to everyone who made visiting the old neighborhood so much fun!

We spent the past weekend in Asheville, NC and stayed with my wild and wonderful old friend Swami Virato. We also got to spend some time with Bil Cook. (Thanks for driving all that way!) Virato started New Frontier Magazine at the same time that we started the Growth Center, back in the early 80's. He founded the Nepal Institute, and is celebrating the 5th anniversary of his weekly radio show.

Now we are in the New Orleans area, staying with Will Quenon, catching up, swapping notes, and planning ahead on the Baja project. Tomorrow Lesia and I head for Sedona, AZ to visit Ambaya and Medicine Wolf (www.ambayagold.com). Then we plan to visit Las Vegas and the Grand Canyon before heading to Ventura, CA for the Breath Mastery Training. After that, it's back to the garden to see how the bananas, papayas, avocados, passion fruit, and all the citrus trees are doing!

The past three months have been just as much about learning as about teaching. It is really amazing how we can learn things, understand things, or know things. But every now and then, we seem to open to a deeper level of knowing, or click to a higher level of understanding. What a wonderful experience to suddenly “get” what we thought we already knew! Knowledge is replaced with knowing.

Thoughts can be Trouble Makers.

Most of our problems are caused by negative or distorted thinking, by irrational thoughts that are formed when we are in a negative emotional state. Thoughts that we form when we are emotionally upset tend to stay with us. They naturally influence or even control us on the subconscious or unconscious level—just as any memory does. In fact, thoughts that are formed and fueled with emotional intensity burn themselves even more deeply into our psyche.

Living in the world during these days is challenging enough. We don't need to be creating unnecessary pressure, tension, stress, or suffering for ourselves or those we love. So observing and identifying, and canceling or releasing negative limiting distorted thoughts is the key, if your goal is to be free or to live in love, peace and joy.

Breathwork helps us to transcend our conditioned body-mind states. It leads us to a realization of a prior state, something beyond the egoic state. Conscious Breathing allows us to trigger and observe our psychological, emotional and behavioral habits and patterns. We uncover our blind spots, and we change unconscious reactions into loving responses. We breathe away blocks or negativity in spirit, mind and body. Everyone who practices it says that breathwork (energy breathing) brings surprising results and permanent benefits.

Breathwork produces so many changes on so many levels, that it can seem vague on one hand and exaggerated on the other, Everyone is unique, and so the benefits are unique. Yet, again and again, I see people using breathwork to destroy bad habits, to eliminate feelings of guilt and fear, and to end their susceptibility to various accidents, illnesses and

diseases. I see people creating more love and peace and joy in their lives, more fun and freedom in their relationships. And I see people awakening to who they really are.

It is normal to feel doubt or skepticism when we hear another wild claim about some method or other. Growth and transformation always trigger fear and resistance. It is a natural part of the process. And so the way is to neither believe nor disbelieve. The best way is to taste, to touch, to test, to experiment, and to rely on clear and direct experience.

If we can breathe and relax through our fear or resistance, we can take some amazing leaps in evolution. We can change many things about ourselves and the world. I am seeing people end their own suffering and I am seeing them help others to do the same. At every new stop on the path, I see resistance and skepticism transform into natural enthusiasm and genuine celebration!

Easy to learn and hard to forget:

Everyone we meet is a mirror of something in us. It is no accident that we have met, that we have come together. Life doesn't always show us what we'd like to see, but it always shows us what we need to look at!

Being honest is more important than telling the truth. Being grateful is more important than saying thank you. You can't fool yourself or existence, because you are an integral and inseparable part of existence. It feels what you feel!

The Life Skills/Healing Arts Program and the Breath Mastery Training will be ongoing at Baja Bio Sana from November to April. Students and teachers are always welcome.

OK, all for this report. The next one will follow quickly, because there are so many amazing things coming together so quickly these days! Don't forget to order "What if? The Movie" on DVD, or view it on line:

Go to: <http://www.whatifthemovie.tv/?Click=212>

Love and thanks to the all and the small,
More very soon,
Dan