

# Breathing for Good Health

Surprising as it may seem, breathing is not only good for physical health but for happiness as well. In fact, a very simple breathing rhythm can be a rich source of inner peace as well as abundant physical health for most people who learn it.

The breathing rhythm is called connected breathing. It is a gentle, connected breathing rhythm that is easy to learn. Anyone can learn it in ten to twenty 2 hour lessons with an experienced, well trained breathing teacher. We have taught geniuses, mentally retarded people, infants, people in their 90's, medical doctors, college professors and students, public school students, business people, yoga teachers, housewives, clergy, and all kinds of ordinary people. Millions of people worldwide have learned this basic ability to breathe Energy as well as air. Breathing sessions are dynamic and empowering.

Gentle connected breathing can be very powerful as well subtle. We naturally breathed this way when we were born, but every negative thought and traumatic experience that we have had inhibits our ability to breathe fully and freely.

When we learn to relax through connected breathing, we can release a lifetime of tension stored inside and experience relaxation and peace.

By the time we become adults or even teenagers, we need to relearn how to breathe. Everyone who has already learned conscious energy breathing knows this, but we have to experience a few breathing sessions to feel the full healing power of breathing.

The science of conscious connected breathing was discovered in 1974 by Leonard Orr. Training good breathing teachers was perfected by him in 1975. There are thousands of good breathing teachers today, but all are not well trained. You will know by the results you receive.

You can interview a few teachers before selecting one. You can do breathing sessions with more than one teacher until you feel satisfied. Since teaching breathing appears to be so simple, some people attempt to earn money at it who really don't understand what they are doing. The secret is completed energy cycles which normally take one to two hours in private personal sessions. The time it takes is not controlled by the student or teacher, but by our own healing Life Energy.

## The Paradox

The power and benefits of learning conscious connected breathing cannot be communicated in words. When the full pleasure and power of breathing is experienced, no words are necessary.

If you hold your breath for a few minutes, your next breath will become the most important thing in the world to you.

## Breathing is Important

Breathing is our basic source of Life Energy and health for both our mind and body.

Learning to breathe consciously and intuitively, fully and freely is as important as learning to think for ourselves. It is more important than good nutrition. Good breathing helps digestion as well as elimination and circulation. 70% of the toxins in the body are eliminated through breathing.

When we breathe inhibitedly as most people do, we become weaker, less healthy, and more polluted every year. People can gradually suffocate at the cellular level and become zombies, eager for death, more tense and stiff.

When we breathe fully and freely and can consciously breathe Energy as well as air, we become healthier, happier, and more successful.

Good breathing that consciously includes Life Energy is a great secret to successful abundant living. We also have to control the quality of our thoughts. The Mind and the Breath are the king and queen of human consciousness. We also require other spiritual and physical disciplines, but conscious breathing and thinking are basic.

Having the ability to consciously breathe energy, as well as air, gives us a very practical healing skill. We become more spiritually self-sufficient. It has been used successfully with colds, asthma, migraines, hyperventilation, epilepsy, cancer, heart disease (with a good vegetarian diet), chronic fatigue, career burnout, and many other diseases.

Most importantly, this simple and pleasurable breathing rhythm enables us to relax out of the stress and tension of everyday life. It is a very practical skill.

## Hyperventilation

Hyperventilation means over breathing. Conscious breathing is not hyperventilation, but breathing softly and

consciously. During breathing lessons, students are instructed not to hyperventilate, but some of the symptoms of the hyperventilation syndrome sometimes occur. This is because most people have such inhibited breathing habits that their body is oxygen starved. The healing process of breathing correctly means that the student is breathing better and getting more oxygen than usual.

Any sustained breathing exercise can produce dramatic physiological or emotional sensations. This does not mean hyperventilation is present but only may involve new sensations. The sensations come and disappear quite rapidly and are experienced as pleasurable or interesting by many people. The Sensations means that stored tension is being released and healed as relaxation occurs.

During sessions, the connected breathing rhythm should be very gentle and relaxed.

The symptoms of the hyperventilation syndrome like dizziness, tingling, seeing colors, rich peace, cramps vivid memories, feeling hot or cold, etc. come and go in a few minutes. These symptoms can occur anytime and are not connected to breathing necessarily. But connected breathing can heal these symptoms, because it induces relaxation and the release of stress stored in the body.

There are cases of spontaneous hyperventilation occurring in elementary schools and with adult factory workers and in other places. In one school, approximately 100 students out of 400 were caught up in the experience. It lasted one to two hours. The children were all taken to the hospital, but by the time they arrived, the experience was over for them and they all felt fine.

Spontaneous hyperventilation experiences are only frightening for people who are unprepared. They are rarely a problem for conscious breathing students. Conscious connected breathing solves the problem of hyperventilation. The symptoms associated with the hyperventilation syndrome usually pass quickly. The breathing student experiences the healing power of breathing as the gentle breathing rhythm makes these various symptoms disappear into peace, pleasure and relaxation.

## Cost

Breathing teachers are humanitarians who lovingly serve their students. Although they are professional teachers, they believe breathing fully and freely is so valuable that no one should be prevented from learning it because of money. Therefore they negotiate the

cost of the sessions to make conscious breathing available to everyone.

Contact Inspiration University for a breathing teacher near you and for more information.

## Deciding to Learn it

Doing ten sessions with a conscious breathing teacher that enables us to master the ability to breathe Divine Energy as well as air is basic to intelligent human existence. Some people have tried to learn it without a teacher, but did not succeed. Why reinvent the wheel?

It should be taught in schools and colleges and be a basic part of instruction in all religions. To date, 2003, only a few Universities include it as a part of their regular curriculum. Breathwork is becoming more known every year.

Conscious breathing is the basic self-healing skill. Breathing is the bridge between the visible and the invisible. It can be used to accelerate the healing process of all symptoms, diseases, sickness, and unpleasant conditions: emotional or physical. Intentional breathing is fundamental to health and healing.

Experiencing the Breath of Life is fundamental to spiritual growth as well as physical health. Conscious Breathing can bring us into the Presence of God in 30 seconds. When we use the connected breathing rhythm to take us into this Transcendental State, it brings our body with us.

Conscious Energy Breathing is the first and most convenient way to clean and balance our Energy Body - our Soul. The daily use or practice of Intuitive Breathing is a basic tool for healing our emotional mind. Healing the emotional mind may be the biggest challenge for human beings.

We realize our natural Divinity to the extent that we heal our emotional mind.

Many diseases may be healed as we integrate the benefits of our first ten guided breathing sessions. And many diseases are prevented. The biggest benefit of conscious breathing is to give us profound relaxation and freedom from the stresses and tension of everyday life.

The major source of pure healthy Life Energy as well as eliminating toxins is Breathing. We are not sincere about health and happiness until we learn Conscious Energy Breathing.

Many People Say, "Conscious Breathing is one of the most valuable things I ever learned. I can now use it anytime I like."