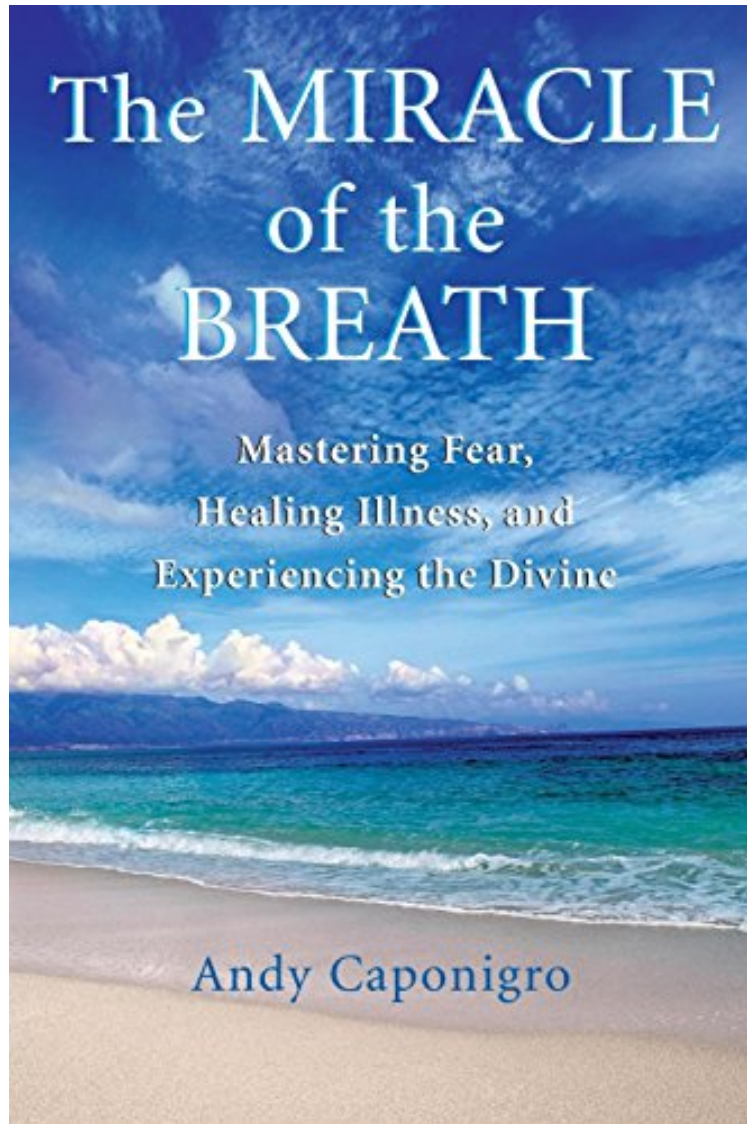


[Free pdf] The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine

The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine

Andy Caponigro

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Andy Caponigro : The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine before purchasing it in order to gage whether or not it would be worth my time, and all praised The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine:

4 of 4 people found the following review helpful. Breathing TechniquesBy Poetical PsycheWas a decent read. A lot of in-depth discussion and step by step instructions to a variety of breathing techniques. These techniques can be used by

the practitioner in various ways. I had known about using breathing to alleviate the tension fear arouses within us, but as to healing and preventing illness, well that was something new to me. I enjoyed the various methods here and have put many of them to use. Now I haven't healed myself in any particular way yet, but I suppose none of this type of stuff brings over-night results. That said though, the exercises are enjoyable and you do feel a deeper sense of calm, a reduction in stressful tension and a seeming expanse of the air you take in. Definitely recommend anyone interested in breathing techniques.

0 of 0 people found the following review helpful. This book is very detailed on ho to work with ...

By Kenneth O'Pray This book is very detailed on ho to work with the breath. Anyone who is interested in learning how to do breath meditation will benefit from the techniques in here.

20 of 20 people found the following review helpful. A goldmine of information....

By Kimm I consider this book to be highly valuable, as a result of the fact that it seems to present such an extraordinary array of profound ideas. Similarly, it is an easy and very interesting read ... and one finds that one can hardly wait, to try and practice all of the exercises contained within it. The exercises themselves are amazing, due to the fact that they seem to do exactly what they are supposed to do...and also, because the effects are so immediate and substantial. I love books, read quite a bit and consider this book to be something very special! It seems to be an incredible resource regarding the subject of "breath".

"Take a deep breath." "Just breathe." Common calming mantras, but what do they really mean? Though every second of life is govered by breath, few people pay heed to this important facet of good health. The Miracle of the Breath explores the importance of breath not only to physical well-being but as a main conduit of divine energy. Replete with stories and case studies of people healed from asthma, arthritis, anxiety attacks, and other physical and mental traumas through proper breathwork, the book also examines the concept of breath as a spritual life force. Drawing on methods of breath control developed by ancient masters in India, China, and Tibet, readers learn how to use meditations and practice techniques to improve emotional and spiritual health.