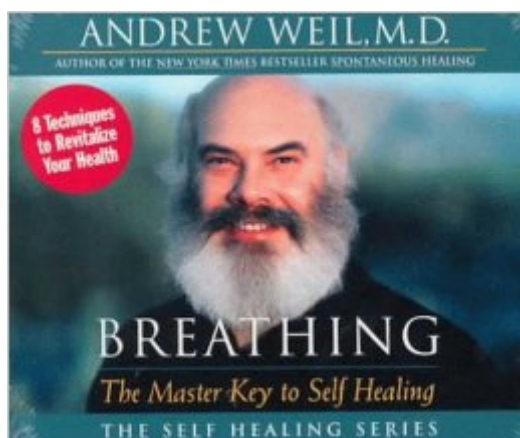


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# Breathing: The Master Key To Self Healing



## Synopsis

The health you enjoy today, and for the rest of your life, begins with your next breath. In fact, breathing is so crucial to your body's ability to heal and sustain itself that Dr. Andrew Weil says, "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." On *Breathing: The Master Key to Self-Healing*, listeners will learn a complete course of eight breathing exercises that Dr. Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. Dr. Weil reports that these breathing exercises get more favorable response from patients than anything else he teaches. To learn the art of healthy breathing, Dr. Weil turned to Eastern traditions, including yoga, which view the breath as a vital link to the prana, or energy of the universe. In easy-to-follow language, he explains the secret of breathwork's power over your health, and its remarkable ability to influence "and even reprogram" the nervous system. From increasing energy to lowering blood pressure, to improving circulation to beating anxiety disorders without drugs, *Breathing* is a practical introduction to the benefits of breathwork, presented by the bestselling author and physician who has taken the miracle out of self-healing, and made it available to all.

Course objectives: List the health benefits of breathwork. Explain how overstimulation of the sympathetic nervous system contributes to health issues. Describe the relationship between breath and spirituality. Apply breathwork techniques to increase alertness and relaxation. Practice guided exercises for restored wellness over time.

## Book Information

Series: Self Healing

Audio CD

Publisher: Sounds True; Unabridged edition (November 15, 1999)

Language: English

ISBN-10: 9781564557261

ISBN-13: 978-1564557261

ASIN: 156455726X

Product Dimensions: 5 x 0.4 x 5.6 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (94 customer reviews)

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Health, Mind & Body > General #16 in Books > Books on CD > Nonfiction #18 in Music > New Age > Meditation

## Customer Reviews

Some may think that it's ridiculous to have a program about breathing. We all do it right? For those of us who take breathing for granted, there is a Zen tale about a young monk who complains to his master that "meditating on the breath is boring". So the master grabs the student, holds him under water plenty long enough to make his point and then looks at the student and asks "Do you still think the breath is boring? "... Let's just say that this fellow had a change of heart (and took a nice deep breath) :) While this program isn't specifically a meditation program the point still remains. While it's obvious that all of us who are alive are already breathing and have been doing so our whole lives, our breathing can be either unconscious or conscious. Likewise we can either choose to live unconsciously or consciously as well. It is to the conscious control of the breath this program deals with and if practiced regularly it can likely affect your ability to live each moment of your life more consciously as well (a nice side benefit and perhaps the most important one at that). There is a definite connection between rate of breathing and either stress or relaxation. It is very hard to be in a complete state of stress if your breathing is slow and deep. It doesn't mean you won't encounter stressful events, but you can certainly let them take less of a physical toll on you even when you are dealing with unavoidable stressful situations by not letting your breathing put you into overload. Becoming relaxed doesn't mean you have to be isolated from the world or zoning out, rather you can be active and functioning but still be relaxed internally by learning to work with your breath.

I've been into breathing as long as I can remember...uhhhh...that was a joke by the way, you can laugh now...I remember when I was a kid if I hurt myself my dad had me look up at the sky and breathe deeply. Even recently, I just had back surgery and I was having trouble getting comfortable, my dear, sweet, 80 year old "poppa" told me to look up and breathe deeply, and y'know what, it still works. Conscious and deliberate breathing is a real skill that we all can develop. Like most things in the West, we tend to laugh at things before we fully understand them. "You bought a book on breathing. Wow...they saw you coming..." But our breathing techniques are probably right in line with just how much we know about diet. No matter we're a bunch of stressed out fat people. Real Breathing is learning to take slow and deep breaths, it is about catching yourself when you may be in a stressful situation and you are holding your breath, it is about becoming more and more aware that there is ALREADY a center within you and you just need to bring yourself back to it and you do this through your breathing. When I am in a session with a client, the first thing we do, is we breathe together. I get them to lay aside all burdens, all fears, all frustrations and to just breathe in....and out...in....and out...I find that just a few minutes of breathing in and out calms the mind and opens

the heart and takes the "stinger" out of the situation they find themselves in. Breathing slowly and deeply clears the mind and allows one to see that there are answers to their challenges. Proper Breathing is a "golden key" to restoring balance and health to your life. If you did one thing to change your life, you could do this and everything else would follow suit.

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