



The Power of Breathing: A Practical Scientific Approach To Breathing for Physical, Mental, and Spiritual Well-Being Based on Ancient Experiences of the East and Scientific Experimentation of the West

Dr. Sukhraj S. Dhillon

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This is one of the most powerful books on breathing. Chapter 5, for example, explains two sets of breathing exercises which takes you out of this world. This not only explains what many people learn in expensive workshops and remote retreats but very personal routine the author follows. The book teaches you breathing-based technique called the healing breath. It incorporates specific natural rhythms of breath to release stress and bring the mind to the present moment. The book also includes other breathing techniques, meditation, low-impact yoga, and skills for dealing effectively with challenging emotions and situations. Several independent studies on mental and physical health benefits of the breathing are given along with source, which have been published in international peer-reviewed journals. The studies confirm that practitioners of breathing techniques not only experience physical and mental comfort in their own breathing, but find cures for common illnesses from heart disease and cancer to asthma. . The “Power of Breathing” is written to be enjoyed by people of all traditions, religions, and walks of life, in universities, churches, governments, businesses, prisons, war zones, community rooms, and living rooms. The book is complete in itself and is also a foundation of healthy living. What is called “Sudarshan Kriya” by new age gurus is a cycle of breaths—long, medium and short. Not only breathing patterns influence our emotions, the breath is in the present and is used to "rope in the wandering mind" that oscillates wildly between the past and the future. Like Zen masters who teach that the present moment is a chink opening into eternity, this guide describes the use of breathing to rope the present that frees our mind from the past which is nothing but history and the future which is mystery. You will learn: * Practices that heal and harmonize the body, mind, and spirit * Skills for handling negative emotions and situations * Practical wisdom for improving work and relationships * Insight into the laws that govern the mind and emotions * Stretching and low-impact yoga combined with breathing for health, circulation, and body stillness

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