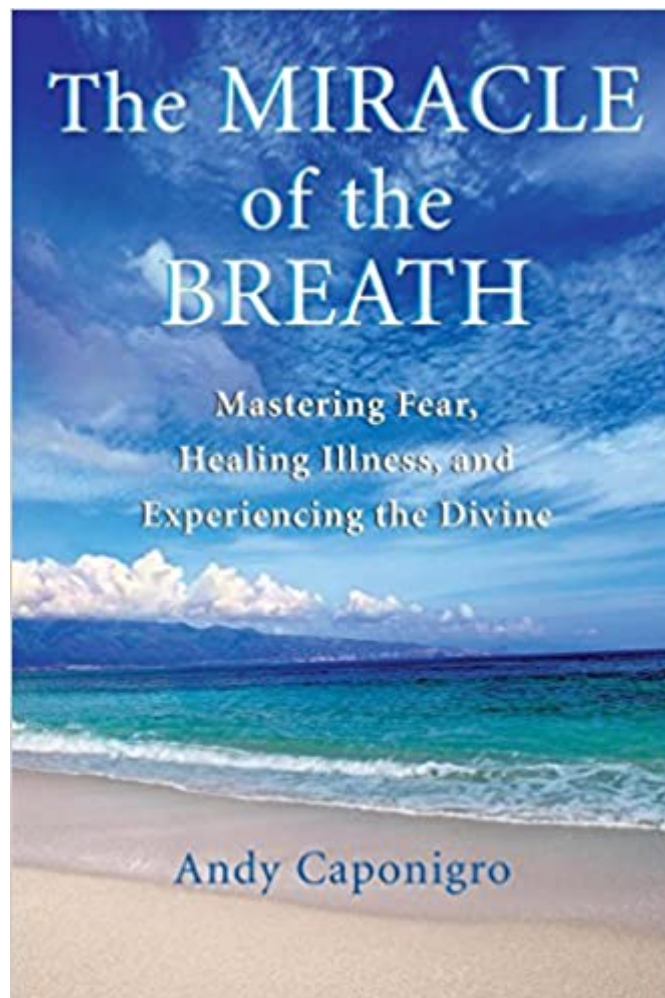




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The Miracle Of The Breath: Mastering Fear, Healing Illness, And Experiencing The Divine



Synopsis

"Take a deep breath." "Just breathe." Common calming mantras, but what do they really mean? Though every second of life is governed 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 spiritual 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.

Book Information

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Customer Reviews

Was 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.

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".

know this is a great book and i should be following it to the letter. just haven't got to it yet.

I have read a lot of books on meditation and on breathing, but this one is the absolute best. I have been reading it over and over (meditatively) for years now. It is a constant reminder to me to incorporate breathing meditational practices into my day-to-day life. I was so impressed by my first reading of this book that I flew to Massachusetts to take a workshop with this author. I was not disappointed at all! I was so impressed by my second reading that I flew back to Massachusetts to take another follow-up workshop with the author. This book and his practical workshop material were very helpful to me. He is quite the facilitator and healer! I remember practicing breathing with him and other students when he wandered the room and whispered in our individual ears. When he whispered in my ear (as I was practicing a very intense breathing exercise), he "read my beads" (so to speak). In just a few short very intuitive words, he hit the nail on the head of what needed inner healing within me. I was stunned. How could someone who barely knew me have such insight into my psychological makeup? He called the issue forth from within me. The breath then really began to do its work. He was supposed to be writing a follow-up book to this one, but I have never seen it on the market. It was supposed to be about heart meditation which he covers towards the end of this book. Periodically, I look for it on the Internet. I suppose he no longer gives seminars due to his age, and I hope he is doing well. His website no longer exists unfortunately.

Andy Caponigro in very simple and understandable manner describes very complicated techniques. Instructions are clear, thoughtful, honest and helpful. I found in it the new way thinking of pranayama. For the first time I understood that some techniques and methods work only in meditative mode. The book is pleasurable to read. I tried only basic techniques so far and they work very well, just as described in the book.

As a Yoga teacher I am always looking for things that concern pranayama. The breathing techniques in this book are wonderful. The Tarzan breath changed some wiring in my brain. It looks funny, though.

This is a very clear, well written book. My wife and I have started breath meditation and we're very excited about all the possibilities. We recommend this book to anyone interested in the science of breath.

Terrific book. Amazing insights into such a simple function as breathing. Shows how breathing consciously can enhance one's life and experience of one's spiritual potential and realization.

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