

BREATHE DEEP



AN ILLUSTRATED GUIDE
TO THE **TRANSFORMATIVE**
POWER OF BREATHING
MISHA MAYNERICK BLAISE



BREATHE DEEP

AN ILLUSTRATED GUIDE
TO THE **TRANSFORMATIVE**
POWER OF BREATHING

MISHA MAYNERICK BLAISE

ADAMS MEDIA
New York London Toronto Sydney New Delhi



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TAKE A DEEP
BREATH



HOW DO YOU FEEL?

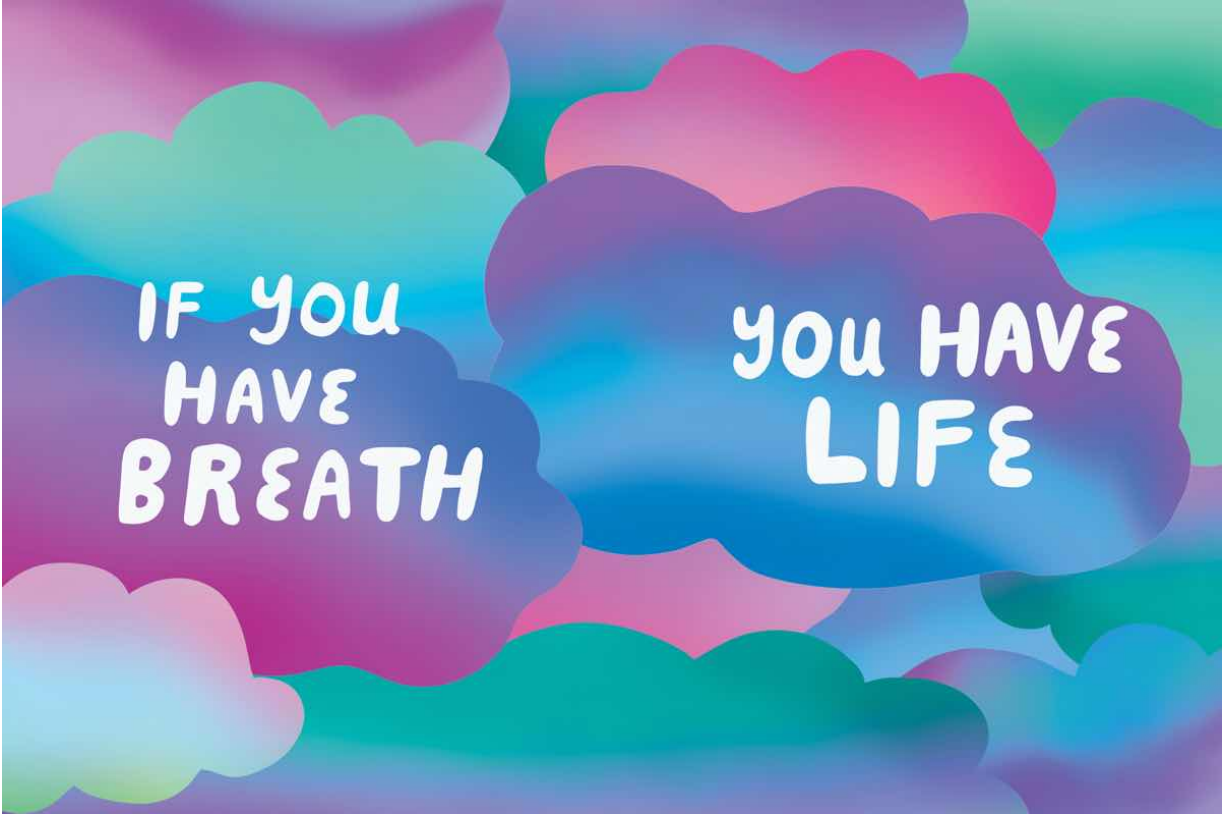
*Inhalation & Exhalation
create a gentle rhythm:*



*the background soundtrack
to your life.*

Breathing happens. All day long, awake or asleep,
you are sustained by the movement of air in and
out of your lungs.

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Potential things you can do with your life:

GET A CAREER

LEARN HOW TO COOK SOMETHING BESIDES SPAGHETTI!

ENJOY THE SIMPLE THINGS

~CONTEMPLATE THE MYSTERIES~

WEAR PANTS THAT ARE TOO TIGHT

BE A REBEL!

CONFORM TO THE THOUGHTS AND STYLE OF THE OTHER REBELS IN YOUR SOCIAL GROUP

BECOME HUGELY MUSCULAR

PAY BILLS - BRUSH TEETH BE RESPONSIBLE ABOUT STUFF

BRING ORDER OUT OF CHAOS!

FEEL THINGS DEEPLY

LEARN A LIFE LESSON

REPEAT THE SAME UNHEALTHY PATTERN LIKE 100 TIMES

HAVE A KID (OR MAYBE JUST A PET)

HAVE AN EXISTENTIAL CRISIS

HAVE AN EMOTIONAL BREAKTHROUGH

JUST BE.

INVENT A NEW DANCE MOVE!

FAIL...SUCCEED... CRISIS...VICTORY...ETC.,ETC.

BREATHING makes all of this **POSSIBLE!**

The presence of breath is the most vital sign of life. And if you have life, so much is possible!

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We are about to embark on information and techniques that will help you unleash

THE SUBLIME POWERS of the BREATH.





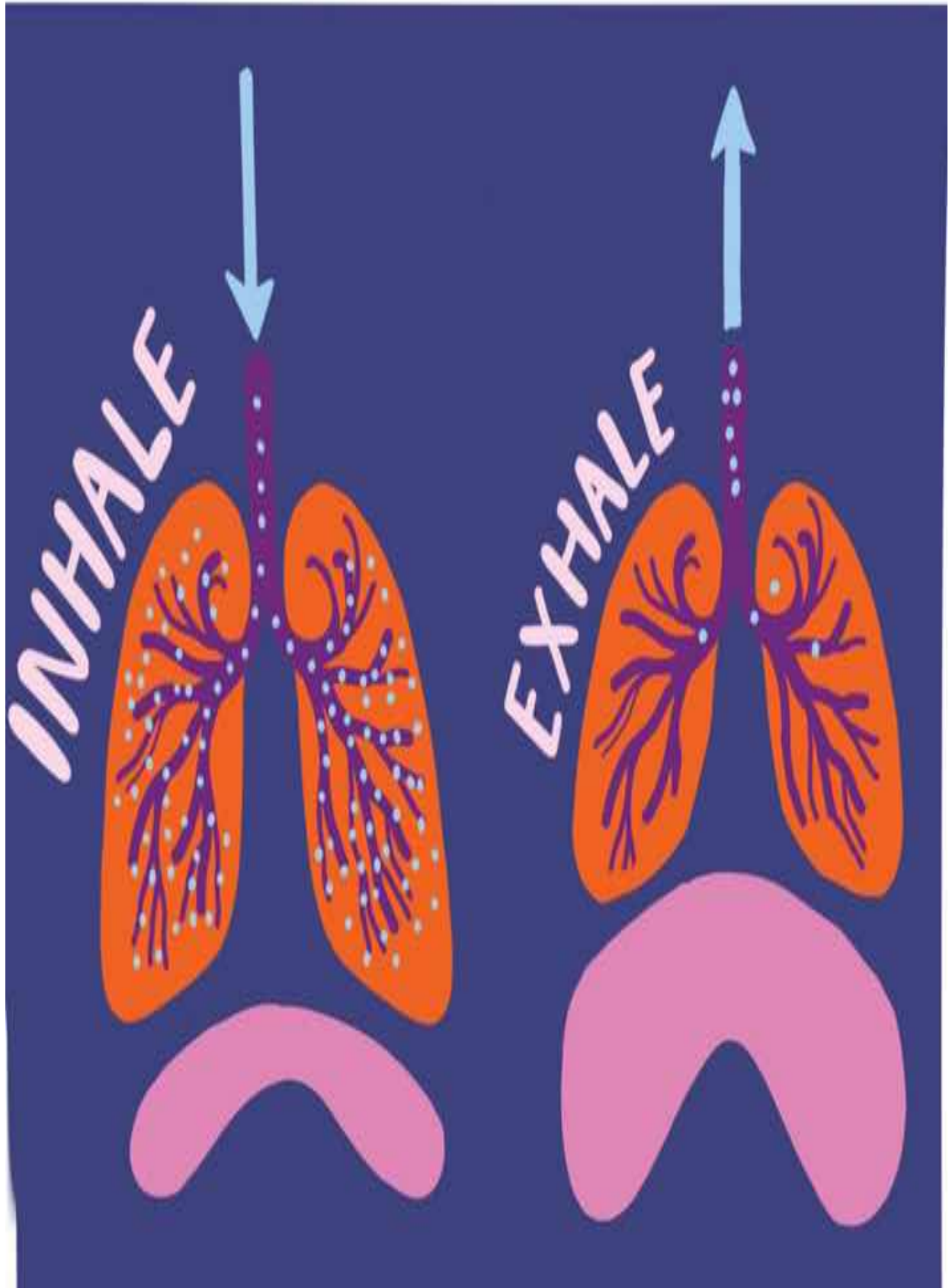
BUT FIRST, PLEASE MEET YOUR
DIAPHRAGM,

a large, parachute-like muscle that sits just below the lungs and helps facilitate breathing.

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Using your abdominal muscles, you can voluntarily control your diaphragm to slow down or speed up your breathing, or to draw in fuller, deeper breaths.

THIS IS HOW IT WORKS!



A pink, dome-shaped diaphragm is shown in a contracted state, appearing as a shallow, wide curve. Above it, two orange shapes represent the lungs, which are relatively small and close together.

DIAPHRAGM CONTRACTS
AND AIR FILLS THE LUNGS

A pink, dome-shaped diaphragm is shown in an expanded state, appearing as a deep, narrow curve. Above it, two orange shapes represent the lungs, which are larger and further apart.

DIAPHRAGM EXPANDS
AND FORCES AIR OUT

ENGAGING the DIAPHRAGM

ALLOWS you to MOBILIZE the
≡ TRANSFORMATIVE POTENTIAL ≡
of the BREATH.

THE UNIQUE POWER of BREATHING

What's incredible about breathing is that even though it happens automatically, it can also be regulated intentionally. Unlike other automatic functions in the body—like digestion and heart rate—you can consciously choose to control your breath. Amazingly, this, in turn, affects other bodily systems. The heart, brain, nervous system, digestive system, and immune system all have been scientifically proven to be impacted by controlled breathing.



For centuries, people around the world have consciously used breathwork as a tool to promote physical health and spiritual connection. Both ancient wisdom and modern science confirm that breathwork has a tremendous impact on both body and mind.

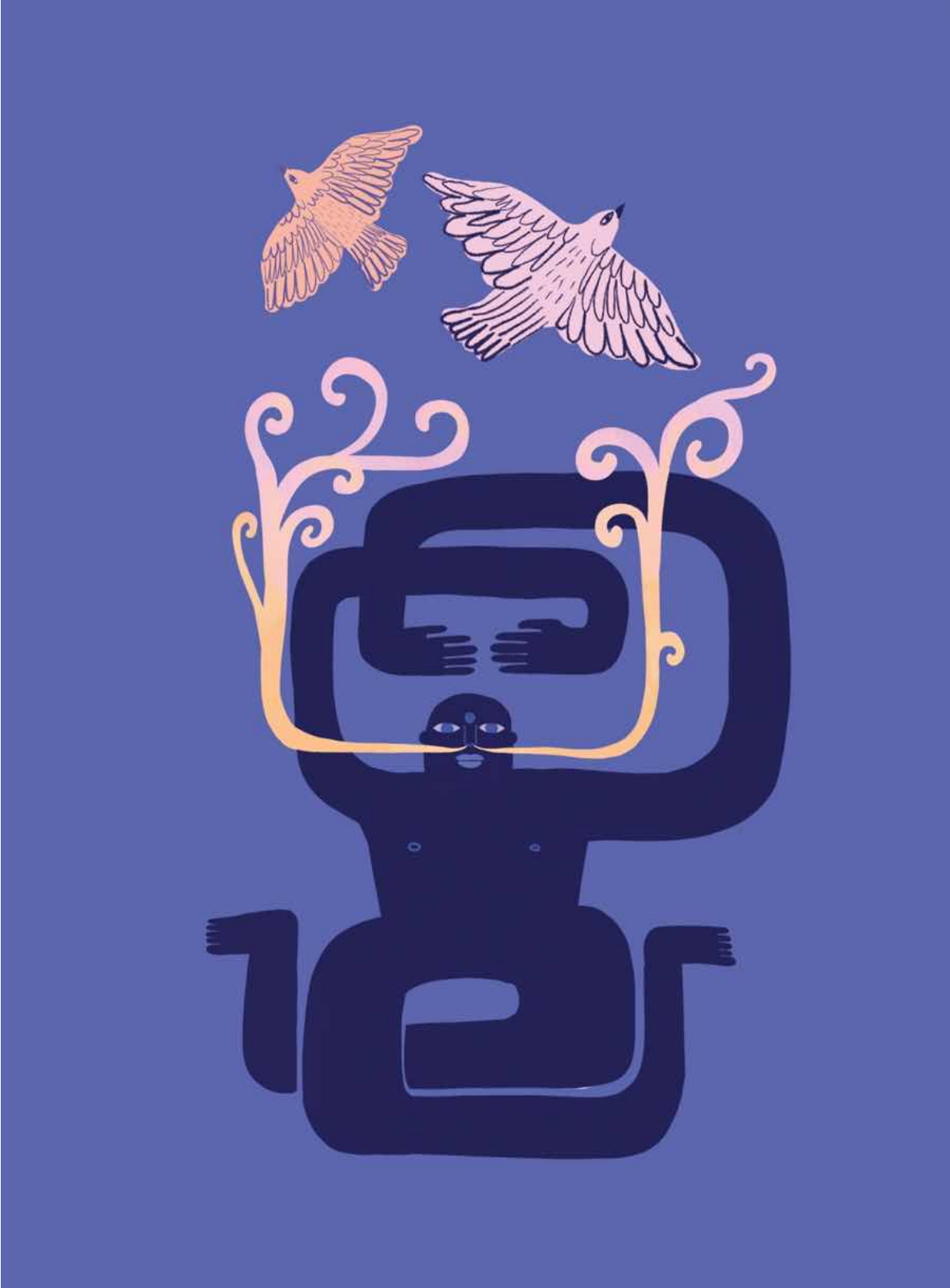


"BREATHING CONTROL
GIVES... STRENGTH,
VITALITY,
INSPIRATION, AND
**MAGIC
POWERS.**"

—ZHUANGZI,

Chinese philosopher known for writing one of the foundational texts of
Taoism

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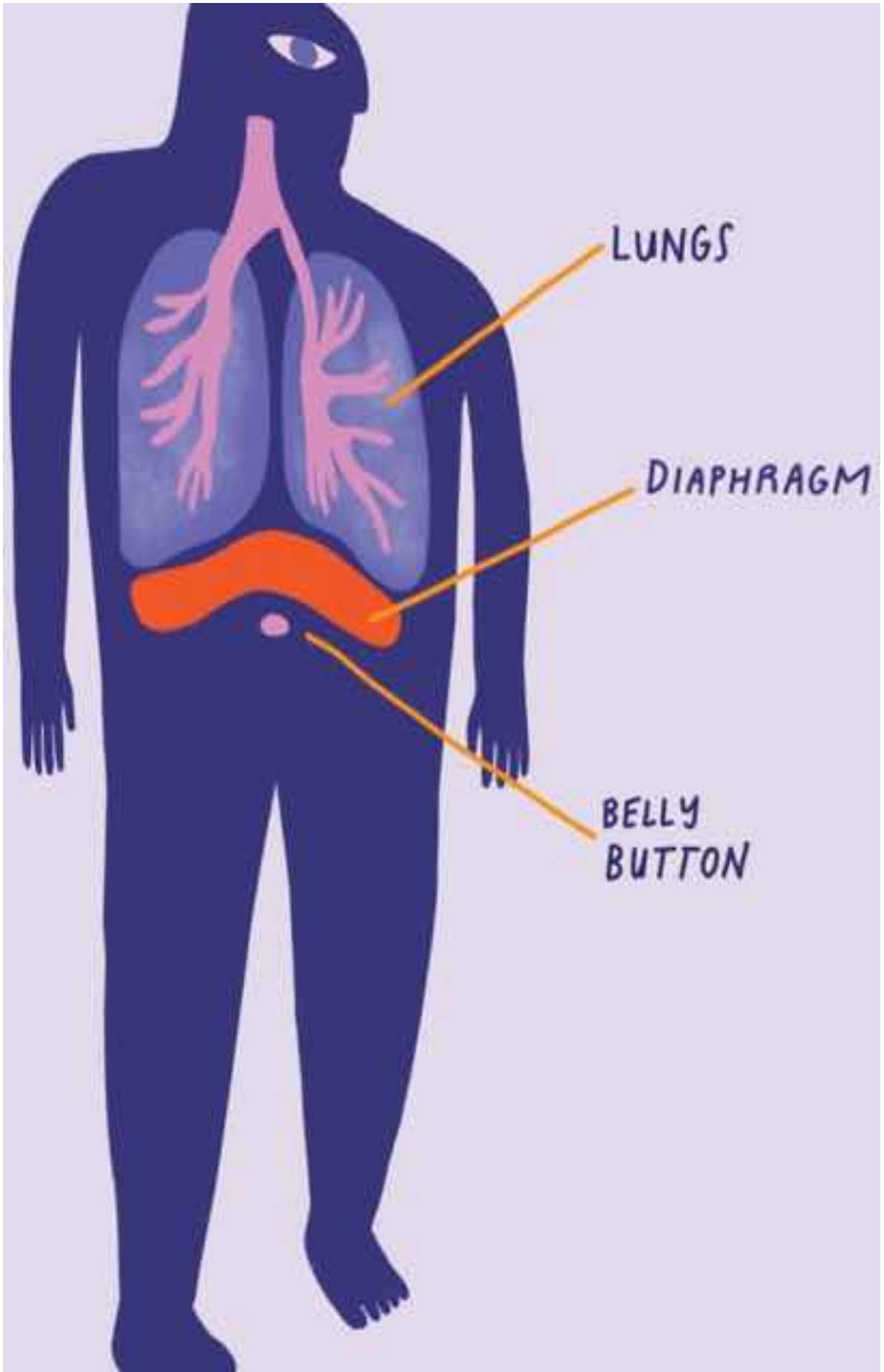
IT'S NOW TIME TO CONJURE
SOME MAGIC POWERS!

BREATHWORK TUTORIAL!

Belly 
Breathing

(A.K.A. DIAPHRAGMATIC BREATHING)


Lie down or sit with a straight back. As you take a deep breath in, focus on pulling air into the bottom of your lungs, just above your belly button. In order to do this, you need to engage your stomach muscles and your diaphragm.



LUNGS

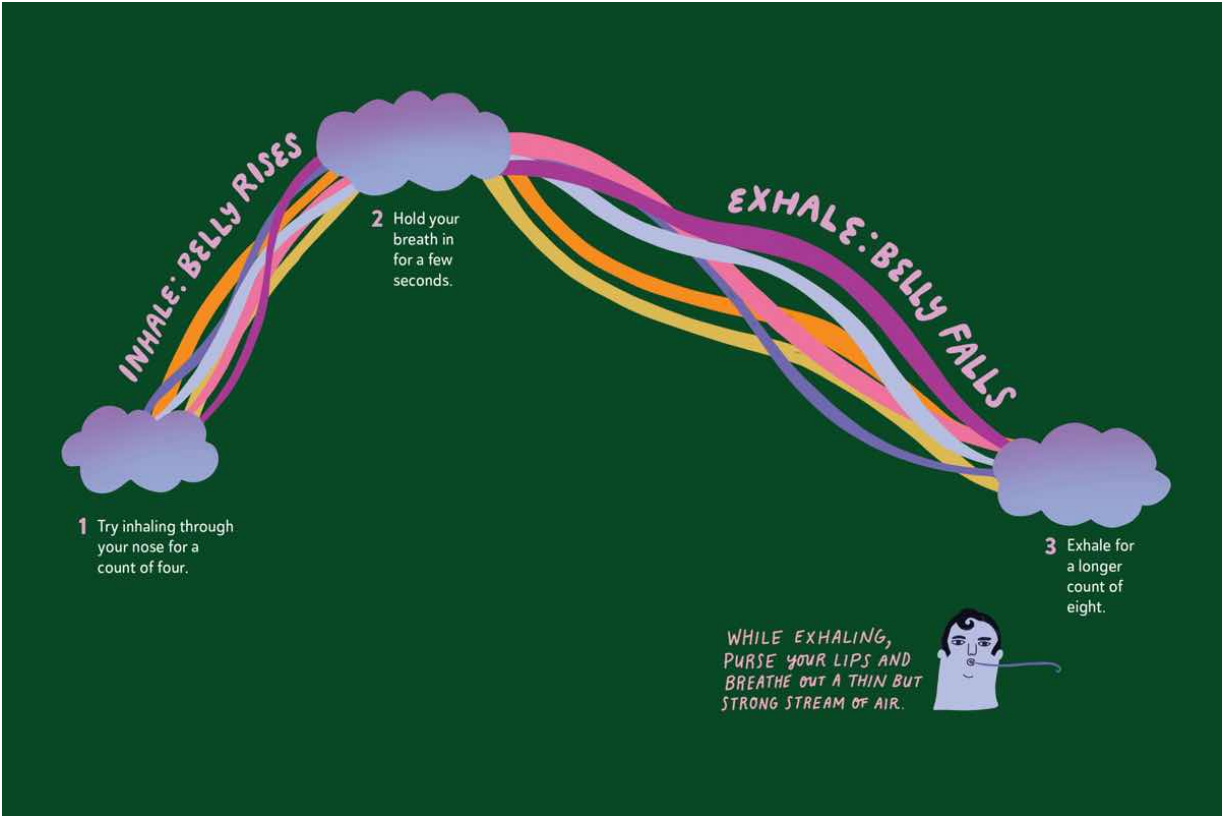
DIAPHRAGM

BELLY
BUTTON

A simple illustration of two feet, one slightly behind the other, in a dark blue color, positioned at the top of the page.

The goal is to let your belly expand outward when you inhale, and then pull it inward toward your back when you exhale. If done properly, your stomach will rise and fall with each breath (your chest will barely move).

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*By CONSCIOUSLY REPEATING THESE
DEEP BELLY BREATHS FOR EVEN
TWO MINUTES, YOU ACTIVATE YOUR*



The vagus nerve is a vital part of your nervous system, and the longest nerve that connects the brain to the body. “Vagus” means “wandering” in Latin. The vagus nerve starts at the base of your brain stem and wanders through your face and down across all your major organs until it stops at your colon.

A couple notable roles played by the vagus nerve are that it carries information about pain, touch, and temperature to your brain, and it also helps to slow your heart rate.

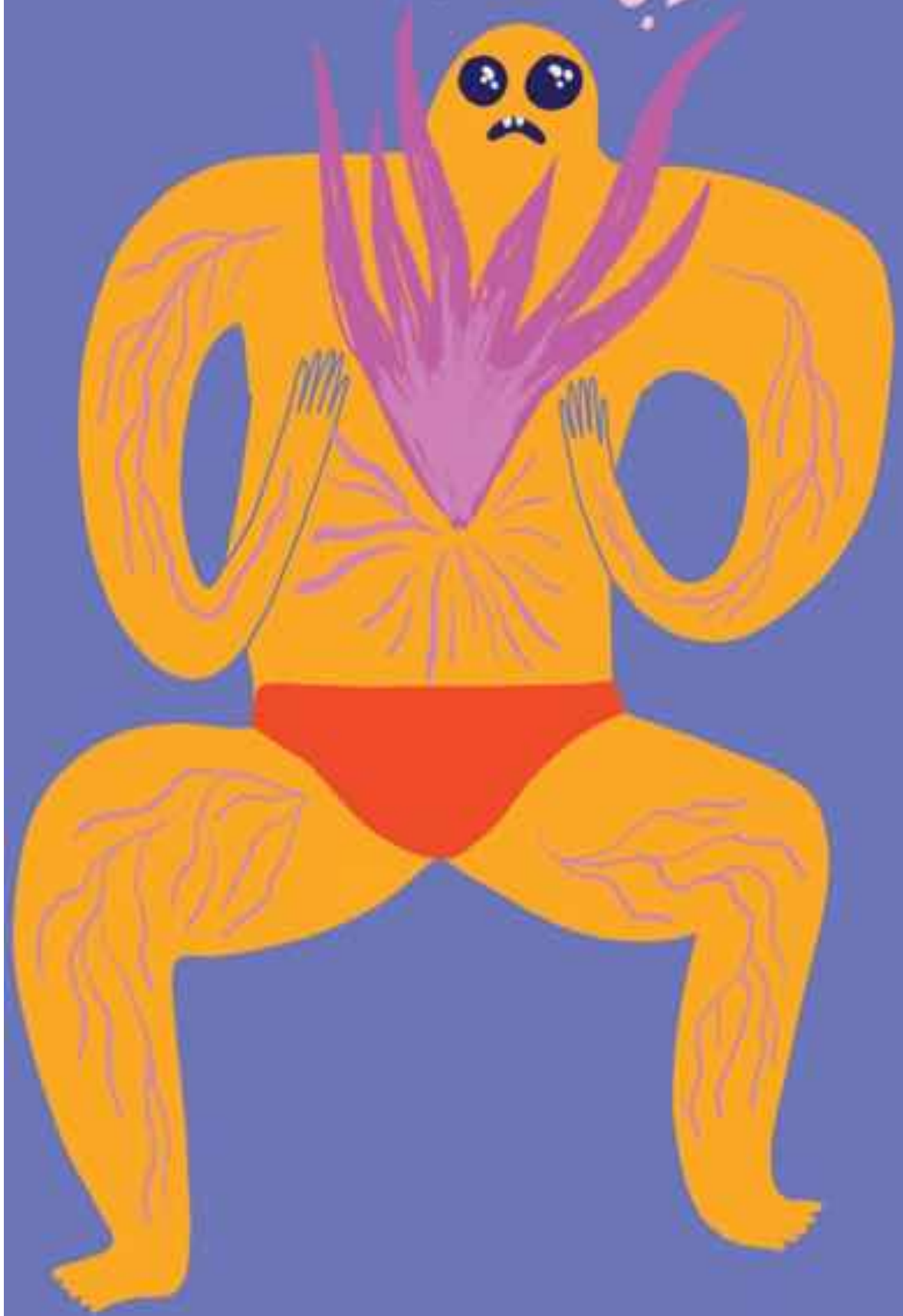
The vagus nerve is the main parasympathetic nerve in your body. This means that it stimulates the “rest and digest” mode, also known as “totally chilling out.” When the parasympathetic nervous system is activated, your blood pressure lowers, your heart rate slows, digestion is promoted, and you feel blissfully at peace.



DEEP BELLY
BREATHING TRIGGERS
+ the VAGUS NERVE and CAUSES
A RELAXATION RESPONSE
IN THE BODY.

Sudden high-stress situations can, on the other hand, stimulate the sympathetic nervous system, also known as the “fight, flight, or freeze” response. We all know this trash feeling.

PANIC!





Your nervous system feels like it's exploding, your breathing becomes shallow as your heart rate speeds up, your chest tightens, and you may experience all sorts of unsettling feelings as your brain releases hormones like adrenaline and cortisol.

.....

Obviously, there are times when the stress response to a threat is totally helpful and even lifesaving.



Stress is a normal part of life, and in good times we can leverage it toward positive growth. Stress can help release our creative powers as we rise up to face the demands of life! But chronic high stress causes all sorts of long-term problems: anxiety, mood swings, various illnesses, difficulties with digestion and sleep, and even a doom-and-gloom attitude.

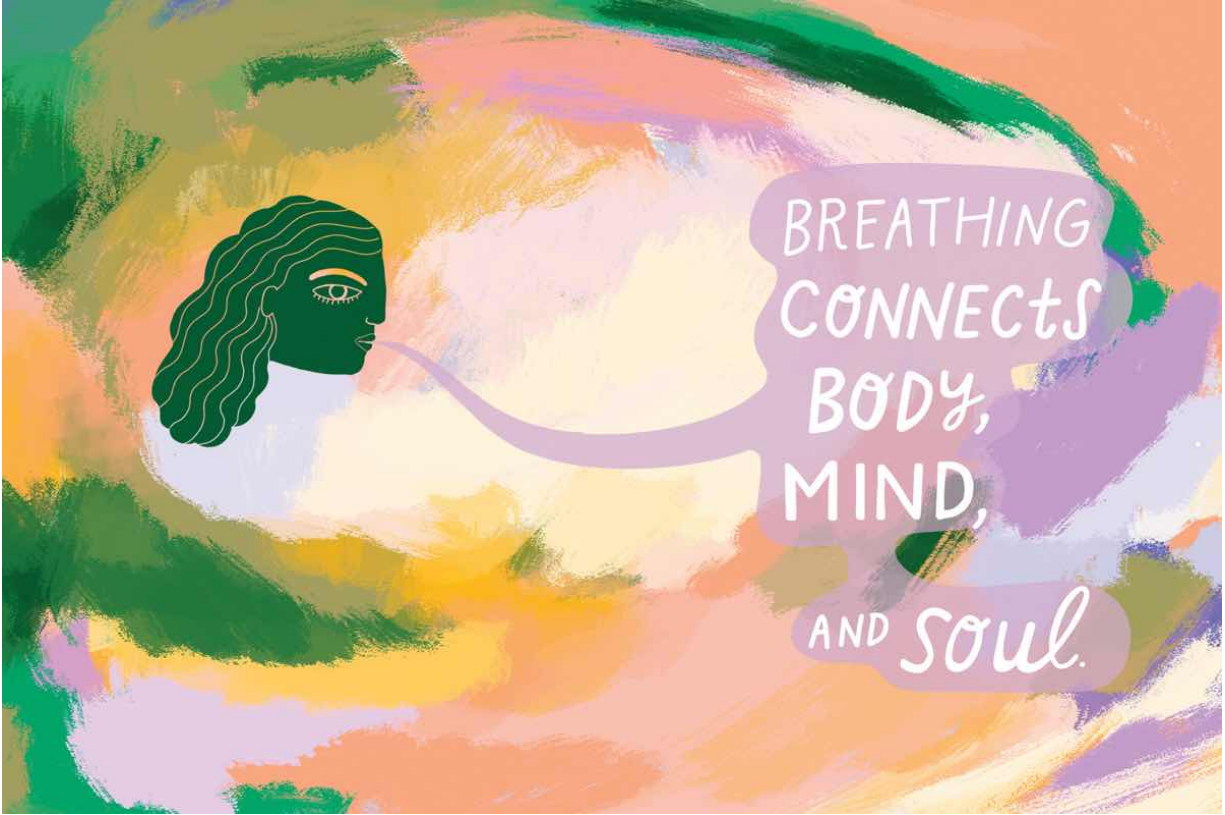


CONTROLLED BREATHING IS AN
Ancient technology
THAT CAN CALM A FRAYED
NERVOUS SYSTEM.



Breathing can help you manage stress, reconnect with your body, decrease physical and emotional pain, and promote healing.

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The link between breath and the spiritual dimension of life is rooted in age-old religious texts and wisdom traditions around the world.

*IN MANY LANGUAGES,
THE WORD FOR "BREATH"
IS THE SAME WORD USED TO
DESCRIBE **LIFE, SOUL,**
OR **SPIRIT.***

The English word "spirit" is derived from the Latin root word "spir," which means "breathe." The ancient Greek word "pneuma" can mean "breath," "spirit," or "soul."

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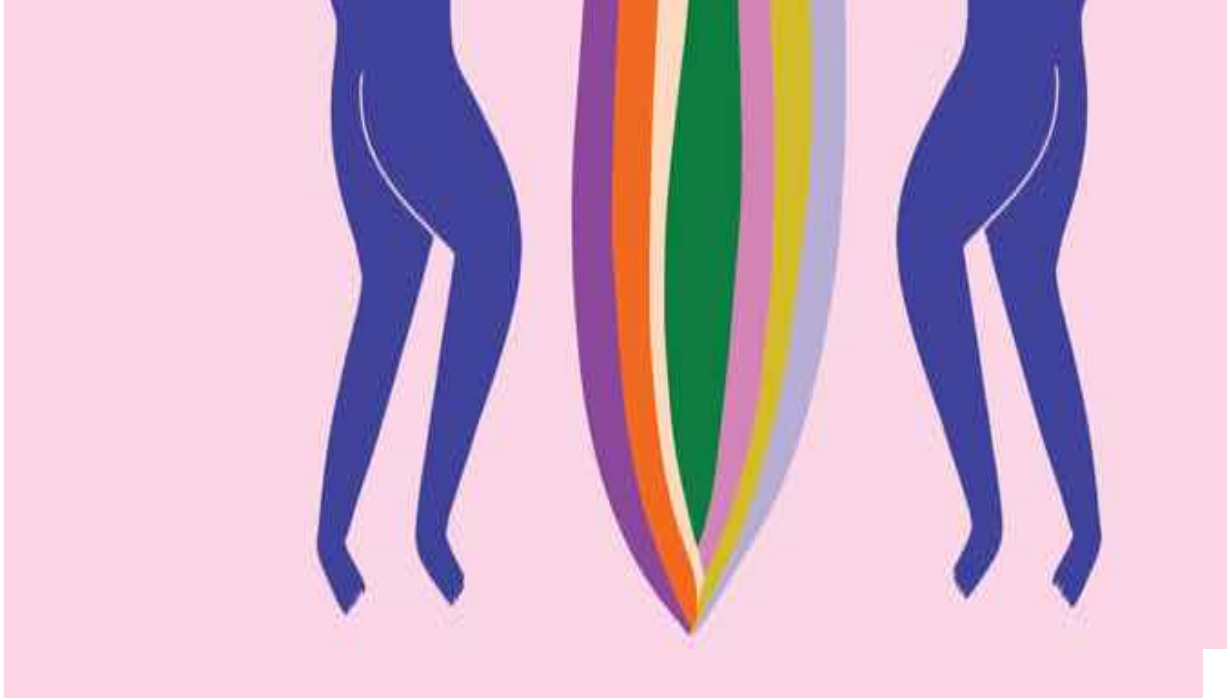
In the biblical story of Genesis, breath is the vital divine link between humans and their Creator:

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath [neshamah] of life; and man became a living soul.”

(GENESIS 2:7)

BIBLICAL HEBREW, "NESHAMAH"
means both "BREATH" and "SOUL."





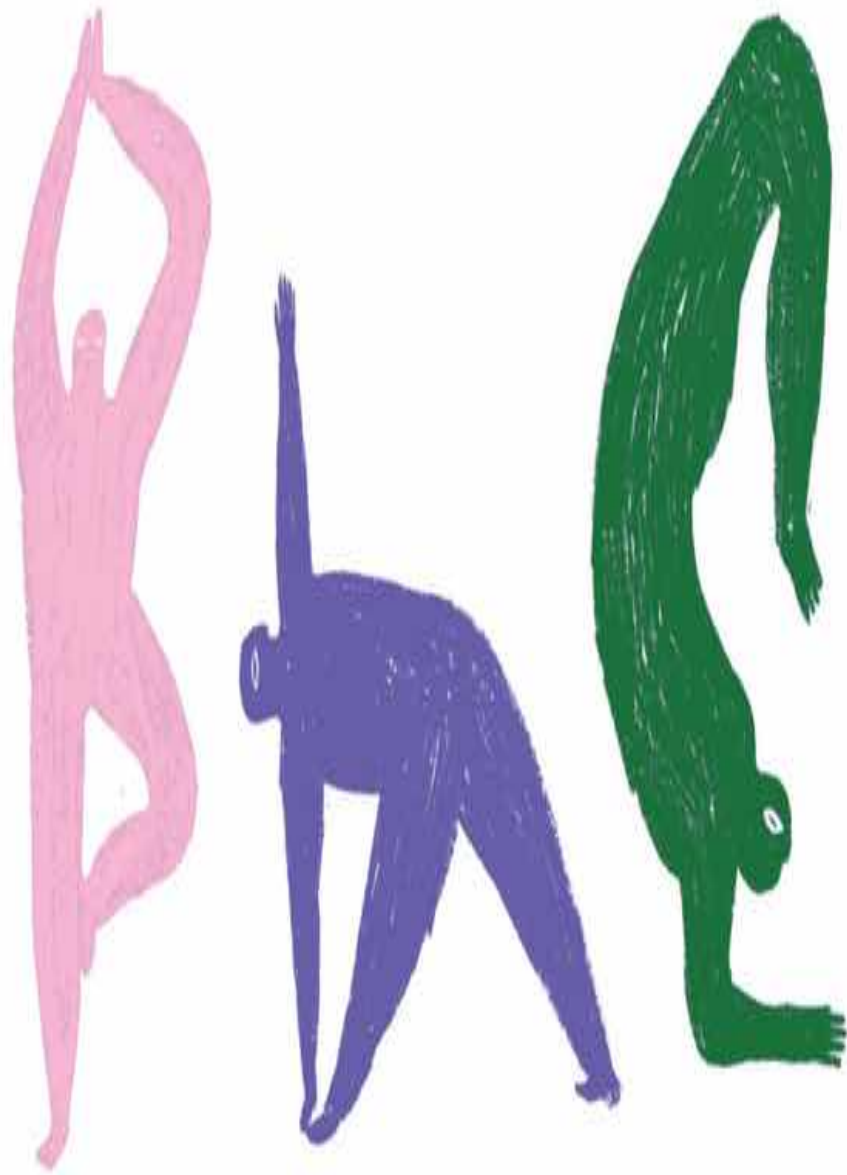
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IN SOME CULTURES,
BREATH IS SEEN AS A **TOOL**
to ACCESS.



UNIVERSAL
ENERGY.

For thousands of years in both China and India, various spiritual, medical, and martial arts traditions have taught that all of existence is permeated by an eternal vital life force. In Chinese philosophy, this force is referred to as “chi,” while in Indian philosophy and yogic practice, it’s called “prana.” Breathwork is one technique used to harness and draw upon this energy in the human body in order to promote health, longevity, and wisdom.



" PRANA is the BREATH of LIFE
of ALL BEINGS IN THE UNIVERSE.
THEY ARE BORN THROUGH . . . !

OF ALL BEINGS IN THE UNIVERSE.
THEY ARE BORN THROUGH and
LIVE BY It, AND WHEN they DIE
their INDIVIDUAL BREATH DISSOLVES
INTO THE COSMIC BREATH.”

-BKS IYENGAR,

yoga teacher and scholar

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BREATHWORK TUTORIAL!

ALTERNATE
NOSTRIL
BREATHING

TRY IT!

HOLD YOUR RIGHT
HAND LIKE THIS:



Alternate nostril breathing is a yogic breath control practice. By breathing in a back-and-forth pattern between the nostrils, the mind can focus and calm down. Each nostril corresponds to the opposite hemisphere of the brain; therefore, this technique is thought to balance the energy in the body.

Here is one variation of this practice:

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Now let the pointer and middle fingers of your right hand rest between your eyebrows.



- 1** Use your thumb to close your right nostril. Inhale slowly through your left nostril for a count of four.
- 2** Use your thumb and ring finger to close both nostrils so that you can hold your breath for a count of four.
- 3** Exhale through the right nostril for a count of four, and again close both nostrils and hold for a pause.
- 4** Now inhale through the right nostril, hold, exhale from the left nostril, and begin the cycle again.

You can increase the length of your inhalations and exhalations —just make sure the pattern is consistent.
Try this practice for three to five minutes.

PAY ATTENTION to the EFFECTS on your BODY AND MIND!

***THE POWER OF
NOSE BREATHING:***

In general, breathing through the nose is radically better than breathing through the mouth. The nose is uniquely designed to interface with the outside world so it can bring the best quality air into the lungs. Nasal hairs filter dust, allergens, and pollen.

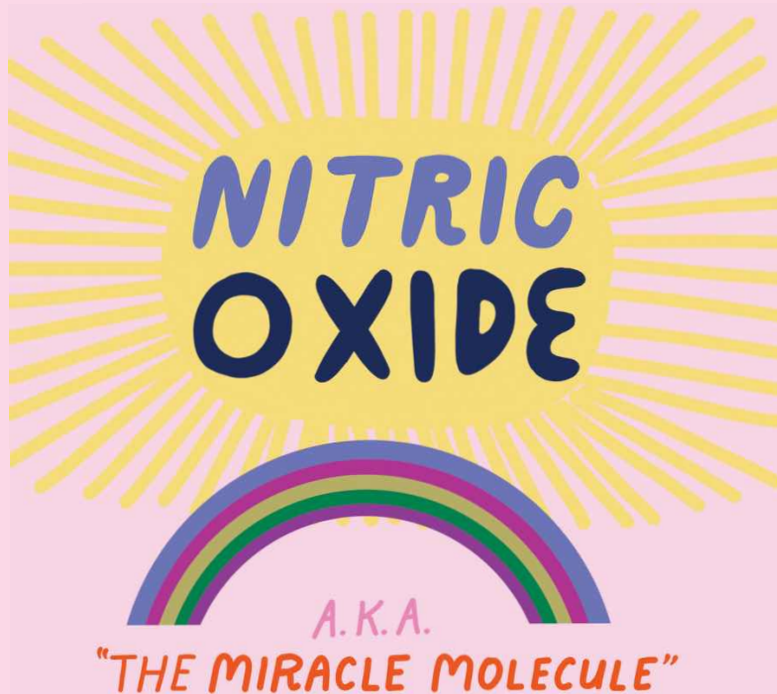
As you inhale, your nose warms and moisturizes the air to keep your lungs from drying out. Nose breathing also promotes deeper breaths into the lower lungs (stimulating the healing powers of your best friend: the parasympathetic nervous system!).

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IT FEELS GREAT!



But probably the most stunning aspect of nasal breathing is that it naturally releases a powerful gas called



Nitric oxide has been called the miracle molecule because of its many positive impacts on the body. It has antiviral and antibacterial properties—and boosts your immune system. It plays an important role in dilating the blood vessels in the lungs so that oxygen and nutrients can effectively travel to every part of the body.

BREATHWORK TUTORIAL!

Humming TRY IT!

Research shows that humming greatly increases the production of nitric oxide in the nose! In fact, humming causes a fifteen- to twenty-fold increase in nitric oxide compared with normal nose breathing.

You for sure already know how to hum, but here is some humming advice: Rest the tip of your tongue just behind the two top front teeth. Don't push the air out forcefully; let it flow out gently. Breathe in through your nose. Enjoy your hum!



We typically think of breathing as a very simple exchange: We bring in *GOOD* oxygen, and expel *BAD* carbon dioxide.

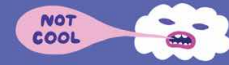
In reality, *CARBON DIOXIDE IS ALSO GOOD!* It plays a vital part in delivering oxygen to our cells.



It sounds counterintuitive, but mouth breathing can cause overbreathing, which brings in too much oxygen, and depletes carbon dioxide.

Taking shallow breaths into the upper lungs only makes things worse. If done all the time, these poor habits can lead to chronic hyperventilation. This contributes to anxiety,

weakened immunity, poor sleep, and a whole bunch of other issues!



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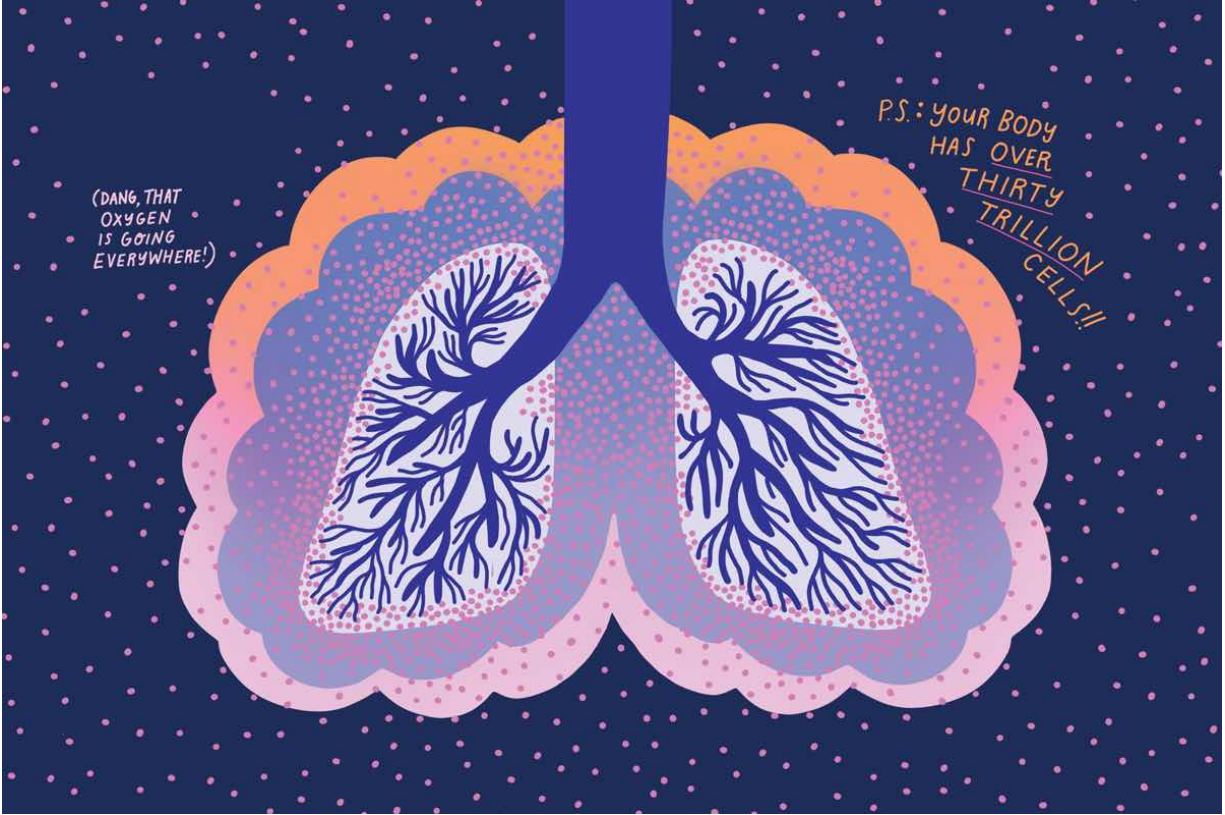


*BREATHING TIPS
FOR EVERYDAY LIFE:*

RELAX
AND
ENJOY

- Rest the tongue on the upper palate of the mouth, just behind your two front teeth.
- Breathe through your nose as much as possible.
- Breathe gently, slowly, and deeply toward the lower part of your lungs.
- Strive for a shorter inhale and a longer exhale.

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With each breath, oxygen enters your lungs, and diffuses through the blood to every single cell in your body!

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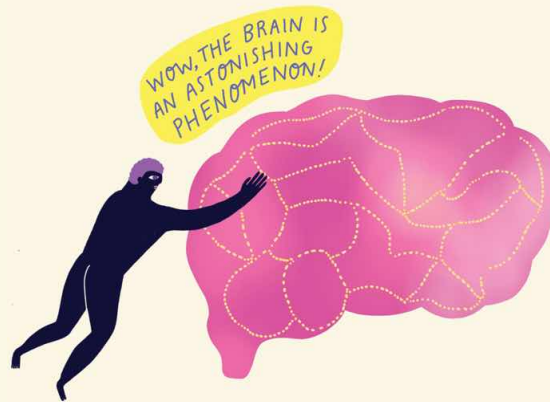


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MINDFUL BREATHING PROVIDES AN
OPPORTUNITY to Strengthen
THE MIND-BODY CONNECTION
AND REWIRE THE BRAIN.

One of the most exciting breakthroughs in brain science in the past century is the discovery that the brain has an innate power to change, adapt, and restructure itself in response to its environment.

This is known as
"NEUROPLASTICITY."



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NEUROPLASTICITY IS
PRETTY MUCH
**THE COOLEST
THING EVER!**



It's a cosmic superpower that opens infinite possibilities for profound transformation and healing!

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A BASIC INTRO TO HOW NEUROPLASTICITY WORKS



INCREDIBLY, NEW NEURAL CONNECTIONS ARE
FORMED THROUGHOUT YOUR ENTIRE LIFE!

All your thoughts, feelings, habits, and behaviors enforce the circuitry in your brain known as *NEURAL PATHWAYS*.

Your brain forms these neural pathways the same way hikers impact trails through the forest. Paths rarely used become overgrown, hard to find, and soon disappear. But the more hikers go on a single path, the deeper, wider, and more established that path becomes. Similarly, everything you think, feel, or do impacts the brain's neural pathways.

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Science shows that you can literally create new neural pathways based on where you choose to focus your attention. New activities and habits of thought create stronger neural pathways over time with repetition.

Neurons that fire together wire together. In other words, the brain changes—depending on how you use it!



The problem is, if you are feeling fearful or disconnected, it's not easy to just instantly switch modes of thought and jump onto a better path. Old habits are especially hard to change. This is when the powers of the breath can be of great help.



Mindful breathwork is a tool that can assist you to clear the way for positive neuroplastic transformation, so you can rewire your brain.

*THE PHYSIOLOGICAL CHANGES
BROUGHT BY INTENTIONAL
BREATHWORK CAN*

**TRANSFORM
YOUR
STATE OF MIND.**

Slow and deep breathing can lower stress chemicals in the body, and turn off the fight, flight, or freeze response. When your nervous system feels safe, the body returns to a state of rest and repair, which makes it much easier to focus on what allows you to feel hopeful, creative, empowered, and grateful.

BREATHWORK TUTORIAL!

BUILDING NEW NEURAL
PATHWAYS THROUGH

TRY IT!

Mindful Breathing

(Inspired by Alan Gordon, LCSW, executive director of the Pain Psychology Center in Los Angeles)

Set aside a few minutes, get comfortable, and direct your attention to the positive sensations felt when the breath enters and exits the body.

The most important thing in this exercise is to let the act of breathing communicate a message of safety to your nervous system.

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TO PRACTICE MINDFUL BREATHING, YOU SHOULD
Consciously RECEIVE
YOUR BREATH with an OPEN
and GENTLE CURIOSITY.



Feel how the breath expands your lungs and belly.
Notice how the breath affects your nasal
passages. Observe the slight change in
temperature: cooler on the inhale, warmer on the
exhale.

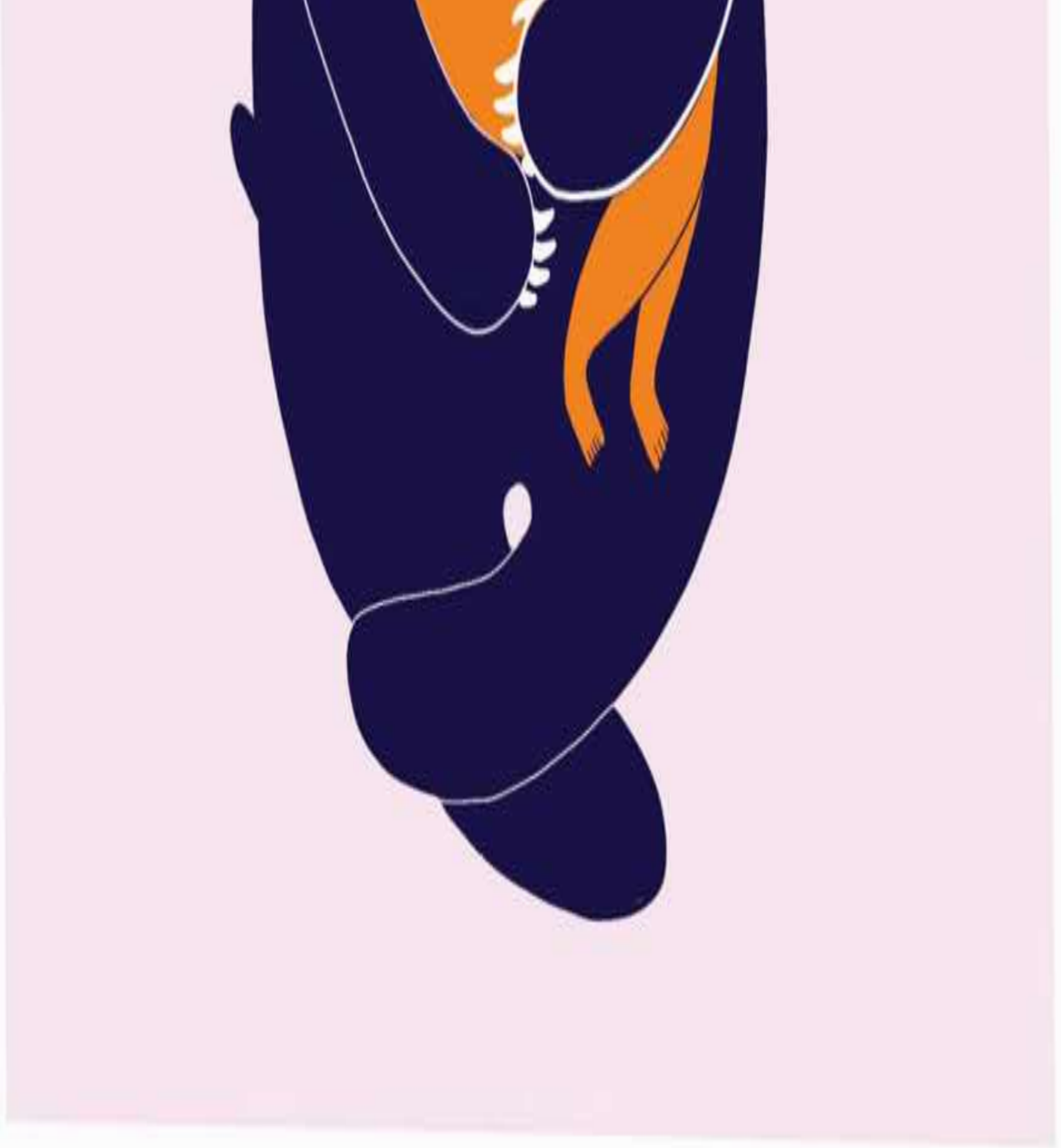
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Enjoy the good feeling of the breath through a lens of safety. Let your breath wrap you in a big, warm bear hug (a cute and safe bear). If your mind wanders, or you find an uncomfortable sensation in your body, that's okay. Just continue to bring your attention back to the nice feeling of your breath.

EFFORTLESSLY BASK
IN THE PLEASURABLE
SENSATIONS.



I LIKE
THIS.



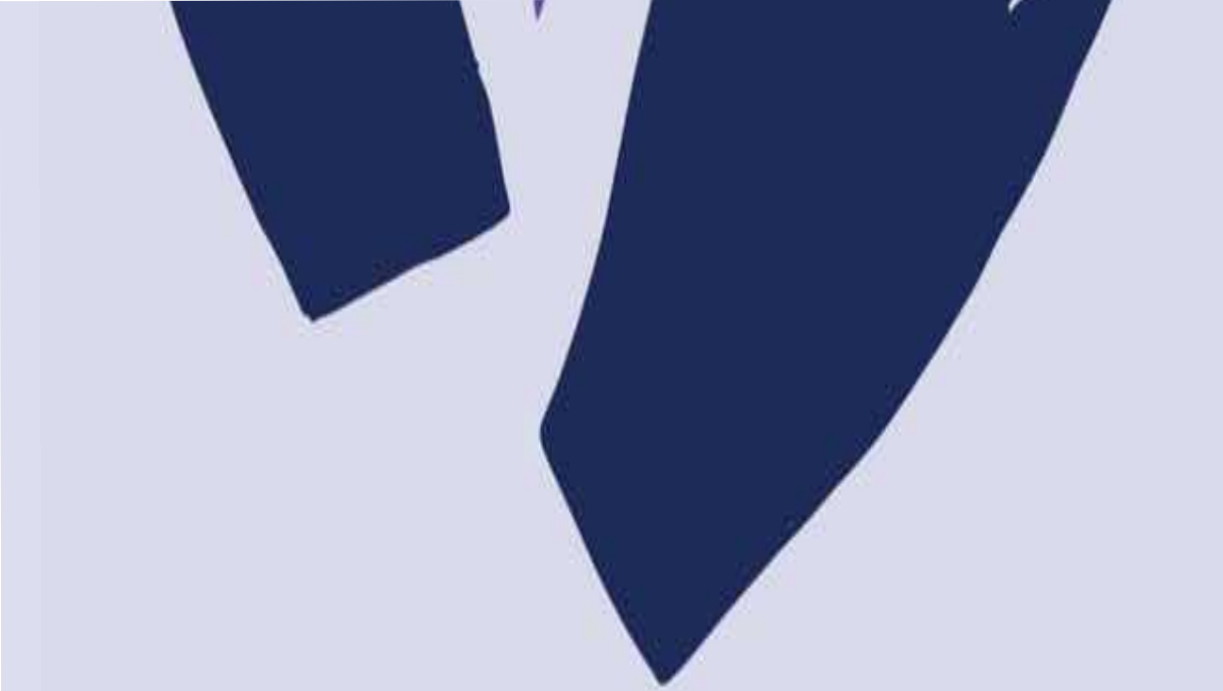
THAT'S IT! That's all you have to do.

you
are



safe





This intentional act of relaxed enjoyment communicates messages of trust and safety to your brain. It reinforces neural pathways that calm the nervous system.

You are literally changing the structure of your brain through conscious action! The more you practice this simple technique, the stronger the neural pathway becomes, and the easier it is for your mind to return to the breath to calm down.

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"BREATH is the BRIDGE
WHICH CONNECTS

LIFE to
CONSCIOUSNESS,

WHICH UNITES your
BODY to your **THOUGHTS.**

WHENEVER your MIND
BECOMES SCATTERED,
USE YOUR **BREATH**
AS the MEANS to TAKE HOLD
of your **MIND** AGAIN."

- Thich Nhất Hạnh,

meditation teacher, poet, and peace activist



BONUS EXERCISE!

As you enjoy your breath, comfort yourself with messages of encouragement:

THE FACT THAT I'M BREATHING
IS PROOF THAT THE UNIVERSE
IS STILL SUPPORTING ME.

I CAN RIDE THE WAVE OF
LIFE'S HIGHS and LOWS.

I CAN USE MY
EXPERIENCES
to LEARN
AND GROW!

WHATEVER
HAPPENS,
IT WILL
BE OKAY.

I AM OPEN to
RECEIVING ALL THE
GOOD THINGS LIFE
HAS to OFFER.

I CAN LET LIFE
POUR THROUGH ME.

I APPRECIATE THE
MYSTERIOUS GIFT
OF LIFE.

you GOT
THIS
BABE.

YOUR BREATH IS LIKE A
GOOD FRIEND WHO IS
ALWAYS THERE FOR YOU.



YOU CAN COMMUNE
with your FRIEND ☺ IN SECRET ☺
ANYTIME AND ANYWHERE!



THE BREATH IS A
SACRED POWER
THAT CONNECTS
US WITH
ALL of
EXISTENCE.

RESPIRATION
is the **GOSMIC DANCE**
BETWEEN your
BODY AND THE
UNIVERSE.



Right now, you are in intimate communication with the world around you. The air physically touches every part of your body. It moves inside of you and penetrates every cell, simultaneously surrounding your outer being.

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THE MOLECULES YOU BREATHE PARTICIPATE IN GRAND *geological* AND *chemical* PROCESSES; THEY ARE RECYCLED THROUGH THE LAND, WATER, AND ATMOSPHERE, MOVING THROUGH THE WORLD OVER THE COURSE OF MILLIONS OF YEARS.



The air we breathe is ancient, originating from the heart of burning stars, just like us.

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THE OXYGEN WE BREATHE
IS CREATED BY PLANTS
in the OCEANS AND
FORESTS.

At EVERY MOMENT,
our BREATH BRINGS US INTO
PROFOUND COMMUNION
WITH THE EARTH and
ALL OF CREATION.

*OUR BREATH CONNECTS US
WITH OtHER PEOPLE.*

Although it's invisible to the human eye, each person is surrounded by a microbial cloud: an assortment of viruses, bacteria, and fungi that swirl in the air up to a few feet around the body. When you pass by another person, their cloud rains upon your skin and is breathed into your lungs.





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WHEN WE SHARE SPACE WITH OTHERS,
WE LITERALLY **BREATHE EACH
OTHER'S MICROBES** AND EXCHANGE
PARTS OF OURSELVES IN THIS
DISTURBINGLY INTIMATE WAY.





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This process of physical interchange with each other and our shared universe is symbolic of a larger truth: Humanity is totally interconnected.

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INTERPERSONAL SYNCHRONIZATION

is the phenomenon in which individuals begin to physiologically mirror the people they're with. Studies show that quietly sitting next to another person is enough to generate synchronicity in respiratory and heart rates.



COULD OUR OWN CALM NERVOUS SYSTEMS
BRING CALM to THOSE AROUND US?

Is breathwork something that impacts not just the individual, but also those we are with?

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BREATHWORK TUTORIAL!

THE Physiological Sigh

TRY IT!

This technique is a simple and powerful way to calm the body and mind very quickly.

- 1 Take a strong inhalation through your nose or mouth. At the top of your inhalation, inhale one more time to take in as much air as possible.
- 2 Release your breath in a prolonged exhalation from your mouth.



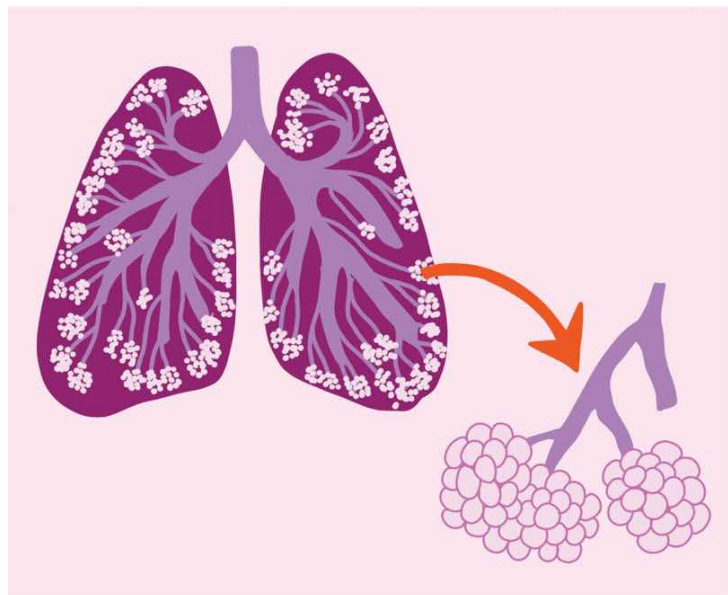
Just a few rounds of these breaths will cause an immediate physiological effect on your body, which in turn will help bring peace to your mind. Maybe through interpersonal synchronization, your own state of calm can bring calm to others.

The physiological sigh is a potent practice that calms the nervous system right away. This is because it activates some adorable members of your respiratory system:

THE ALVEOLI.



Alveoli are balloon-like sacs at the end of the branches in your lungs (technically they are at the end of the bronchioles, which are the tiny branches coming off of the bigger tubes, or bronchi, in the lungs).



These little guys are the transitional site where oxygen and carbon dioxide molecules move in and out of your bloodstream.

OUR LUNGS CONTAIN
600 MILLION ALVEOLI!

UNFATHOMABLE!



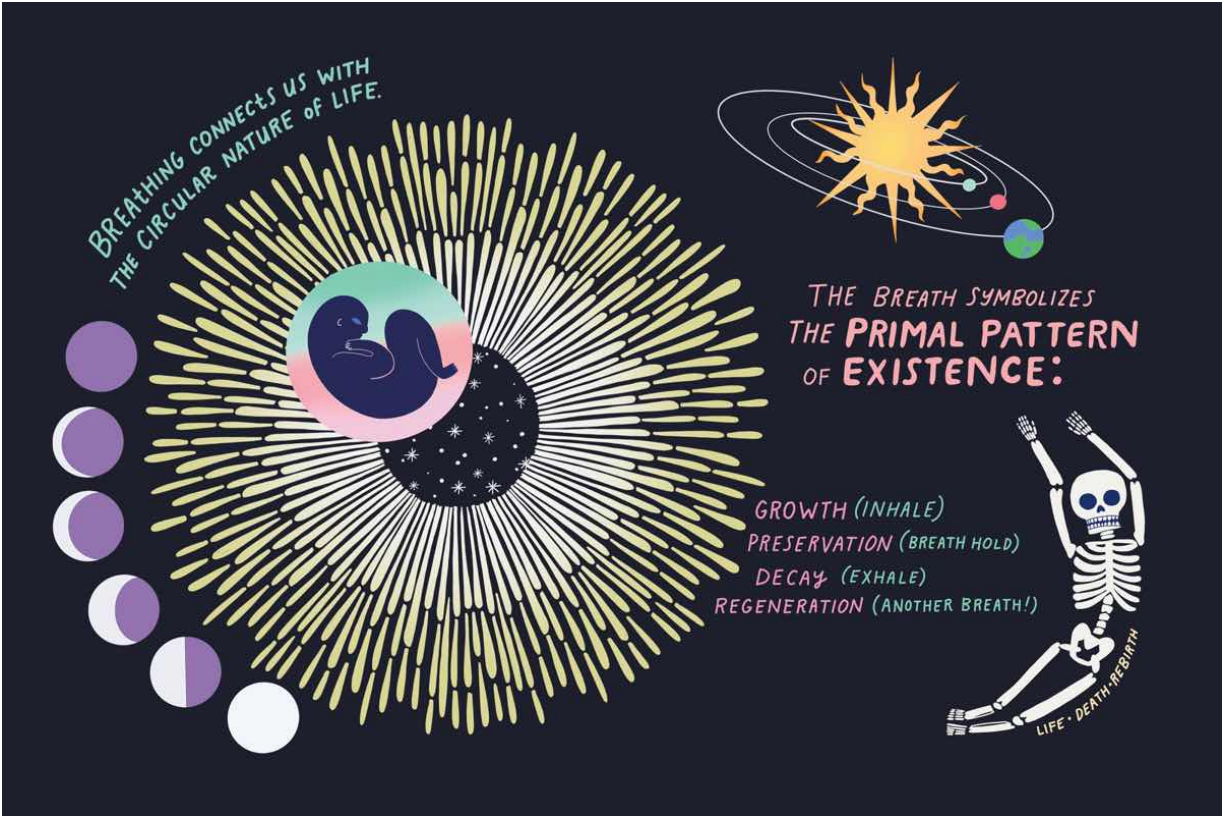
BUNNIES CANNOT
COMPREHEND
THAT NUMBER, AND
NEITHER CAN WE!

If you spread the alveoli all out, they would cover the surface area of an entire tennis court!

These sacs sporadically collapse, which causes a buildup of carbon dioxide in the bloodstream. The body's natural way to reinflate the sacs is through sighing. Believe it or not, you sigh every five minutes or so, day and night, in order to pop the alveoli back open and prevent your lungs from collapsing.

When you are stressed, your breathing becomes shallow, causing excessive carbon dioxide to build up in the body. This causes alveoli to collapse at a higher rate. The buildup also helps trigger a stress response. A deliberate sigh is a dynamic way to quickly pop those alveoli back open, reduce carbon dioxide in your bloodstream, and quiet the nervous system.

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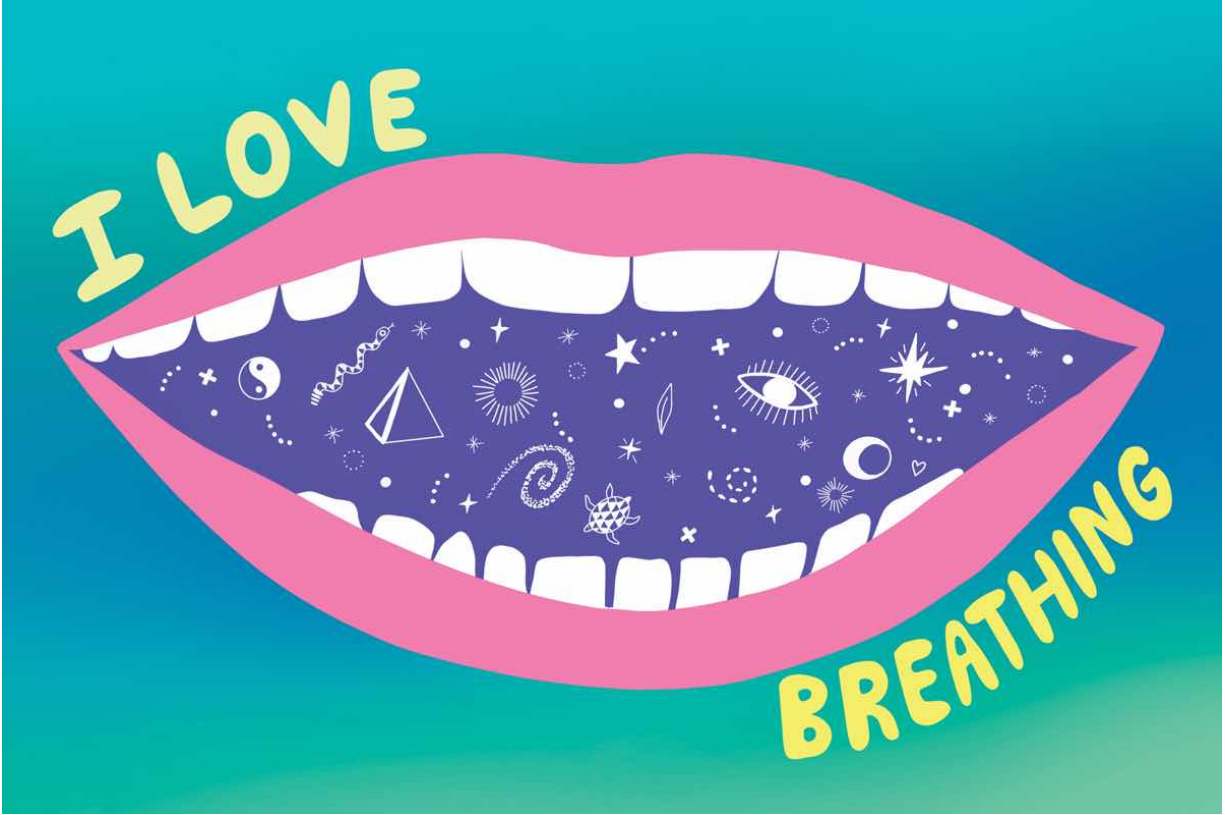




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Breath connects us with time itself: With each breath, we take in particles created during the ancient beginnings of the universe. We breathe in molecules that have cycled through other beings and elements of existence across all of history.

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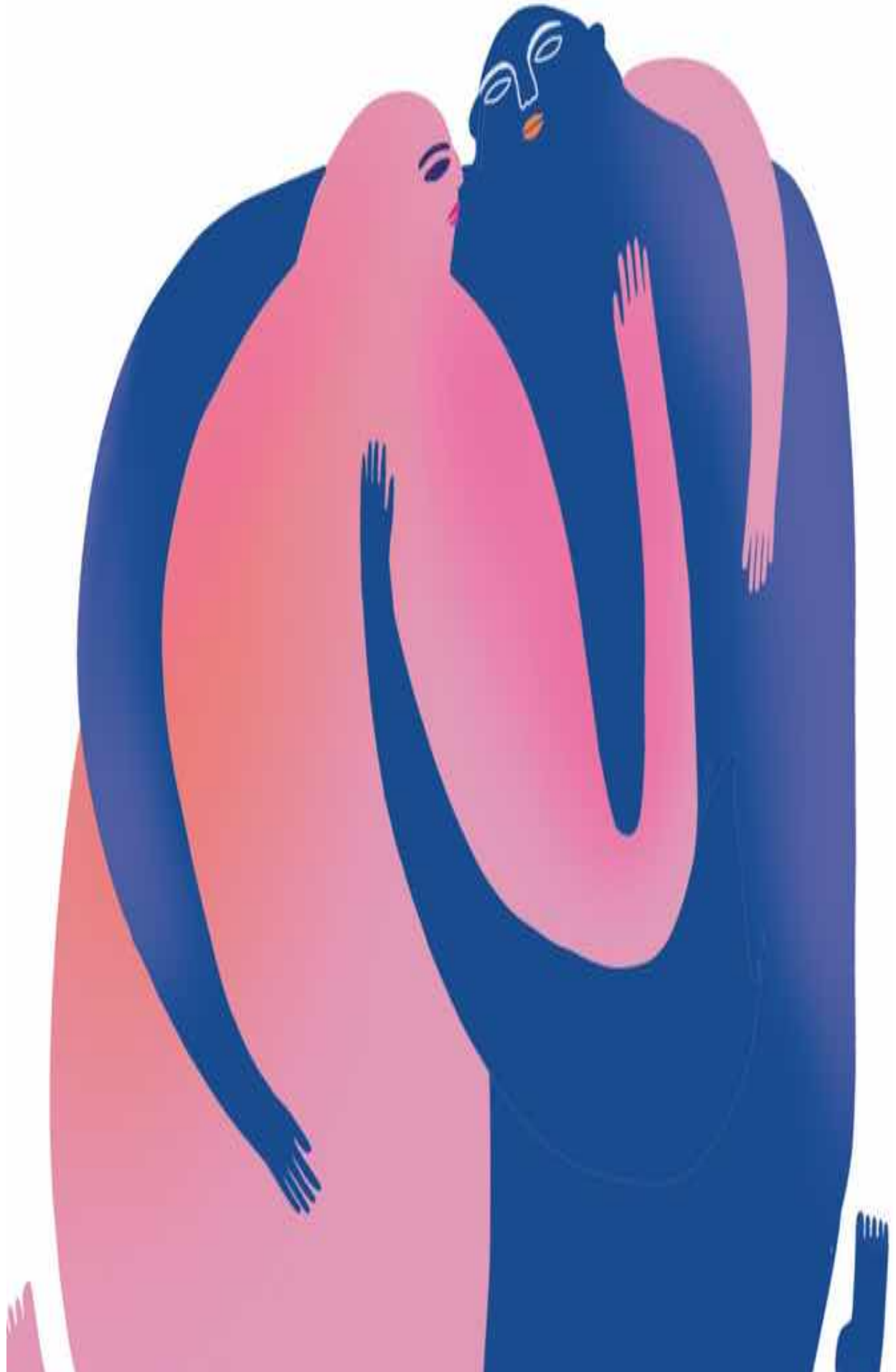
LIFE IS HARD,
AND OUR BREATH
CAN HELP US
DO HARD THINGS.



Uncertainty, difficulty, and pain are all part of the human condition.

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So is the potential for love, connection, healing,
and resiliency.





Our breath is there for us through it all, sustaining us during both our highs and lows, allowing us the

opportunity to learn and have another chance.

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LIFE IS ALL ABOUT
CHANGE *and* TRANSITION.
JUST LIKE OUR BREATH,
WHATEVER WE TAKE IN,
WE WILL HAVE TO
EVENTUALLY
LET GO.

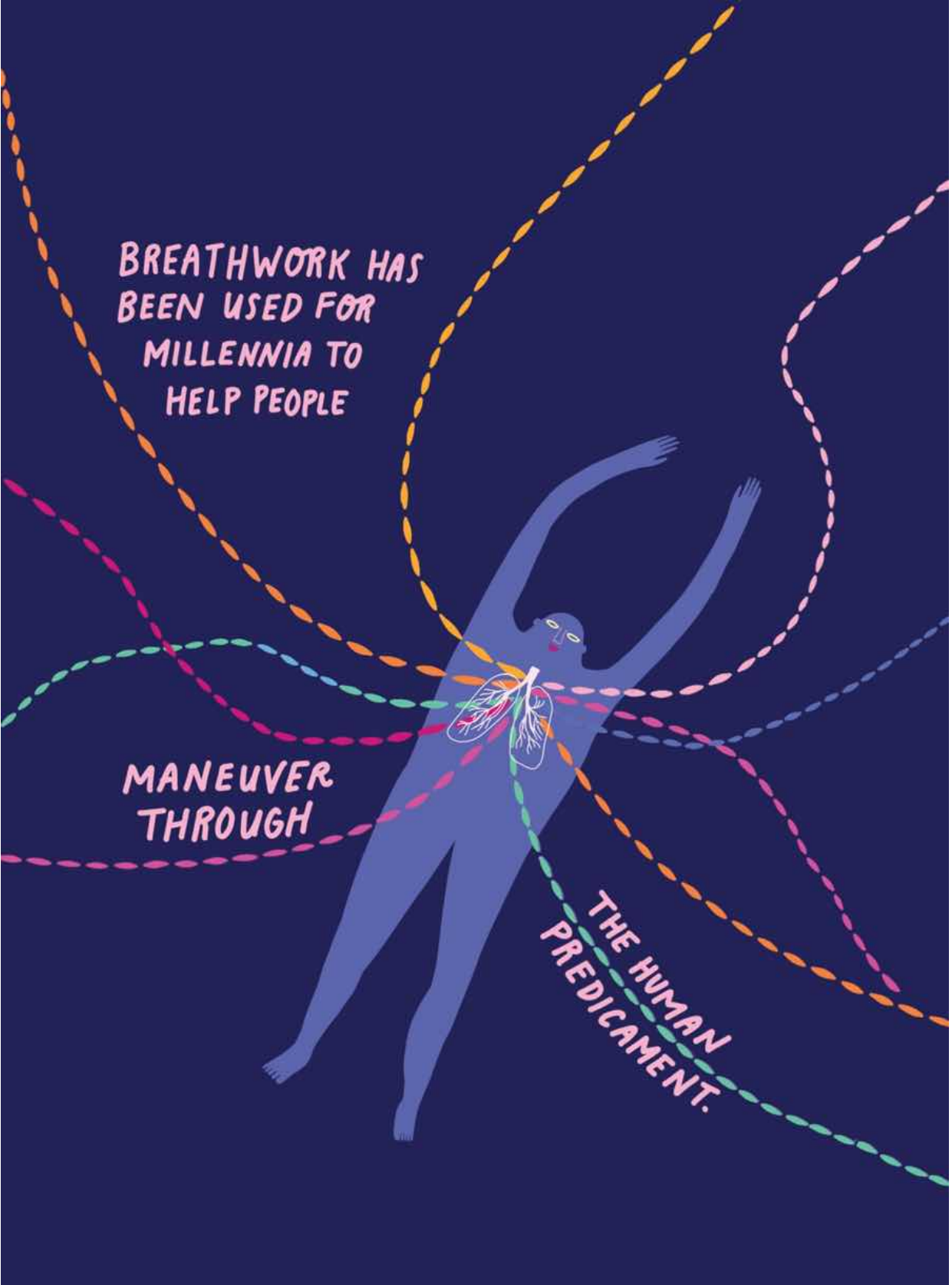
PART of the ART of BEING HUMAN
is LEARNING HOW BEST to RIDE ALONG
the EVER-SHIFTING RIVER of LIFE.

EVERYTHING IS IMPERMANENT.

BREATHWORK HAS
BEEN USED FOR
MILLENNIA TO
HELP PEOPLE

MANEUVER
THROUGH

THE HUMAN
PREDICAMENT.



BREATHWORK CAN ALSO BE USED
STRATEGICALLY to

≡STRESS OUT≡

YOUR NERVOUS SYSTEM
IN A WAY THAT MAY BETTER
PREPARE YOU to HANDLE
TOUGH TIMES.

You already know that breath can be used to help you calm your nervous system so you can more easily experience positive feelings like safety and connection.

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HORMETIC STRESS

is a short burst of stress that someone intentionally chooses to expose themselves to—and that, if done at a higher dose, would be harmful.

That sounds scary, but consider a few examples: a two-minute cold shower, a short period of fasting, or a high-intensity interval training (HIIT) workout.



For someone without high-risk health conditions, these things may be difficult or uncomfortable, but they are not dangerous. They are just enough of a shock to disrupt the homeostasis of the body.

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THIS CAN GIVE A QUICK JOLT OF
ENERGY AND A SHIFT IN MOOD.



"SHORT-TERM STRESS TRAINING MAY ELEVATE
POSITIVE MOOD and MAKE us LESS
VULNERABLE to FEELING ANXIOUS OR DEPRESSED
WHEN STRESSFUL THINGS HAPPEN
IN OUR LIFE."

-ELISSA EPEL,

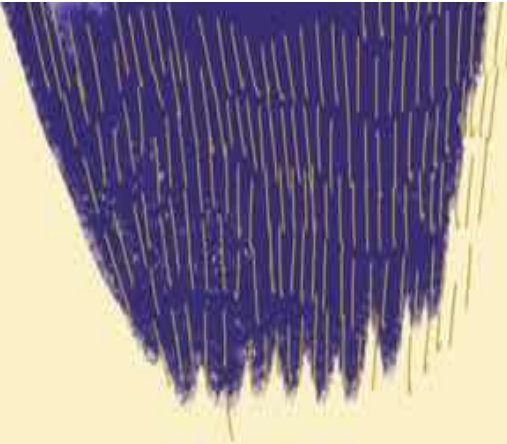
professor of psychiatry at the
University of California, San Francisco

And researchers have found that it can cause a whole range of effects at a cellular level that stimulate the immune system, slow aging, and better prepare you to handle future stress—both physical and mental.

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THIS IS SOME
ANCIENT STUFF





The use of breathwork to stimulate hormetic stress is a very ancient practice, with many techniques alive today—each with different aims and benefits. The pranayama technique “bhastrika” (“breath of fire”), along with the Tibetan Buddhist method of “tummo breathing” (adapted and popularized by Wim Hof), are examples of techniques that promote a burst of high oxygen and low carbon dioxide.

On the opposite end are techniques that lower oxygen and increase carbon dioxide. Some of these exercises are included in the popular Buteyko method.

BREATHWORK TUTORIAL!

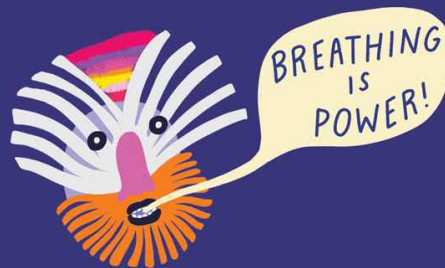
SIMPLE BREATH HOLD*

TRY IT!

This technique provides a short burst of elevated carbon dioxide.

(Note: This technique should not be used by pregnant women or anyone with serious health conditions. Do not try while swimming, driving, etc.)

- 1 Take a normal inhale and exhale through the nose.
- 2 Pinch your nose closed and hold your breath.
- 3 While holding your breath, rock back and forth or walk around.
- 4 Continue the breath hold until you feel uncomfortably hungry for air; then release the nose.
- 5 Breathe again slowly through your nose. Wait at least thirty seconds, then repeat the technique several more times.
- 6 Return to normal breathing.



*Adapted from Patrick McKeown, teacher of the Buteyko method and director of education and training at Oxygen Advantage



**"THE BREATH
KNOWS HOW
TO GO DEEPER
THAN THE
MIND."**

- WIM HOF,
motivational speaker
and extreme athlete

LET YOUR BREATH
DISSOLVE THE
IMAGINARY
LINE



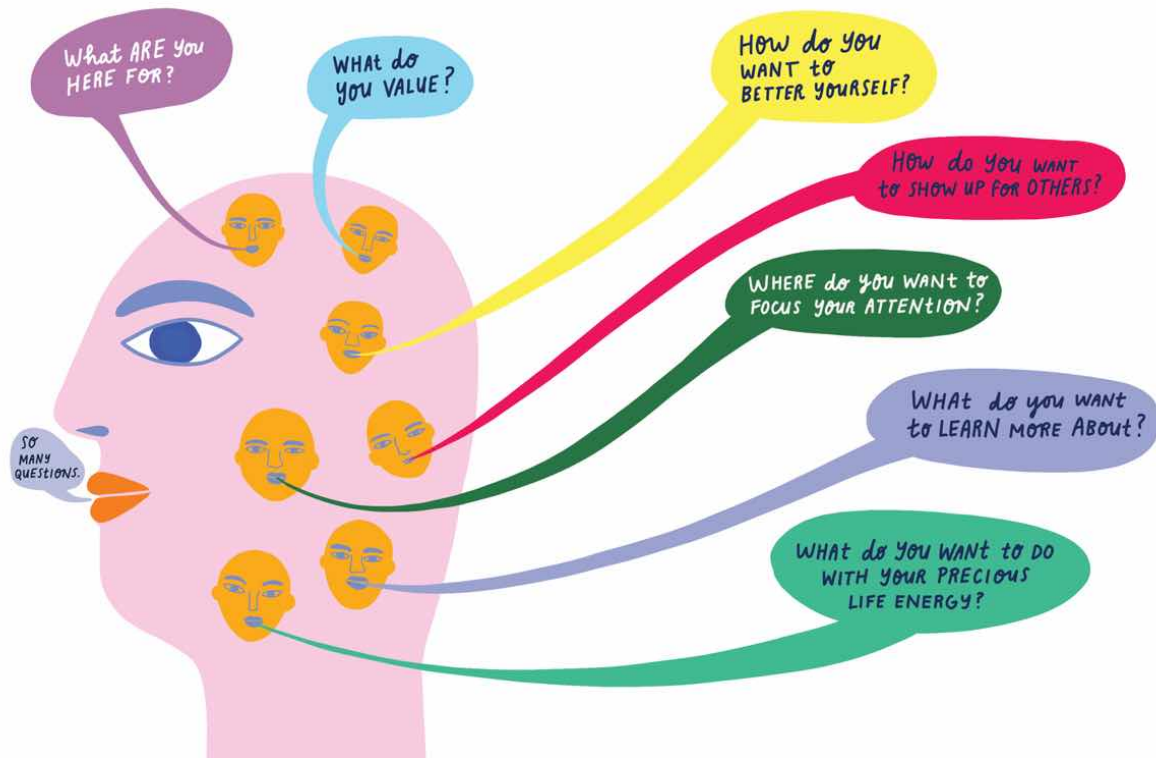
BETWEEN
THE SACRED
AND THE MUNDANE



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You have emerged from a mysterious cosmos, the result of the perfect unfolding of events from the beginning of time. In this moment, your inhale and exhale give proof that the universe is still supporting your existence.

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BREATHE IN

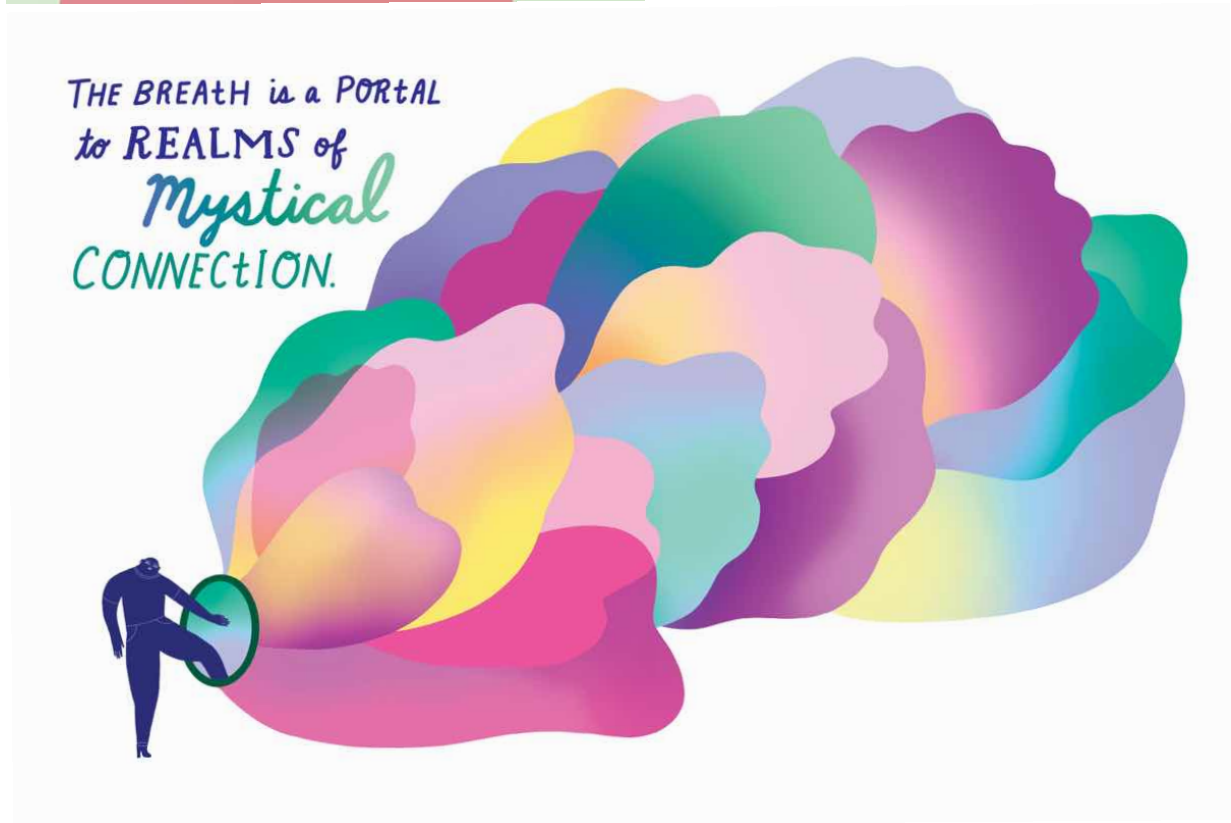
AND AFFIRM your DESIRED INTENTIONS-



BREATHE Out

and RELEASE your NEGATIVE OR LIMITING BELIEFS.





In religious and spiritual traditions the world over, the breath is used to connect the individual with the Divine. Whether through prayer, chant, song, or silent contemplation, physical breath represents our utter dependence on some greater source. What higher power is breathing into us? How do we each worship and give thanks for the gift of life?

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THE BREATH CAN HELP
US **IMAGINE**

AND **CREATE**

A NEW WORLD TOGETHER.

WE ARE ALIVE AND BREATHING
IN A TIME OF HUMAN HISTORY
UNLIKE ANY OTHER.

IN THIS ERA,

WE HAVE CLEAR PROOF

OF THE **ONENESS**

OF **HUMANITY.**

THERE IS NO
US AND THEM,
THERE IS ONLY
US.



“As nations and individuals, we are interdependent... We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one directly, affects all indirectly...We aren't going to have peace on Earth until we recognize this basic fact of the interrelated structure of all reality.”

—MARTIN LUTHER KING JR., minister and civil rights activist

*WE EXIST IN RELATION
to ONE ANOTHER,
SO it MAKES SENSE THAT
BUILDING A MORE PEACEFUL
SOCIETY IS
INTERRELATIONAL.*

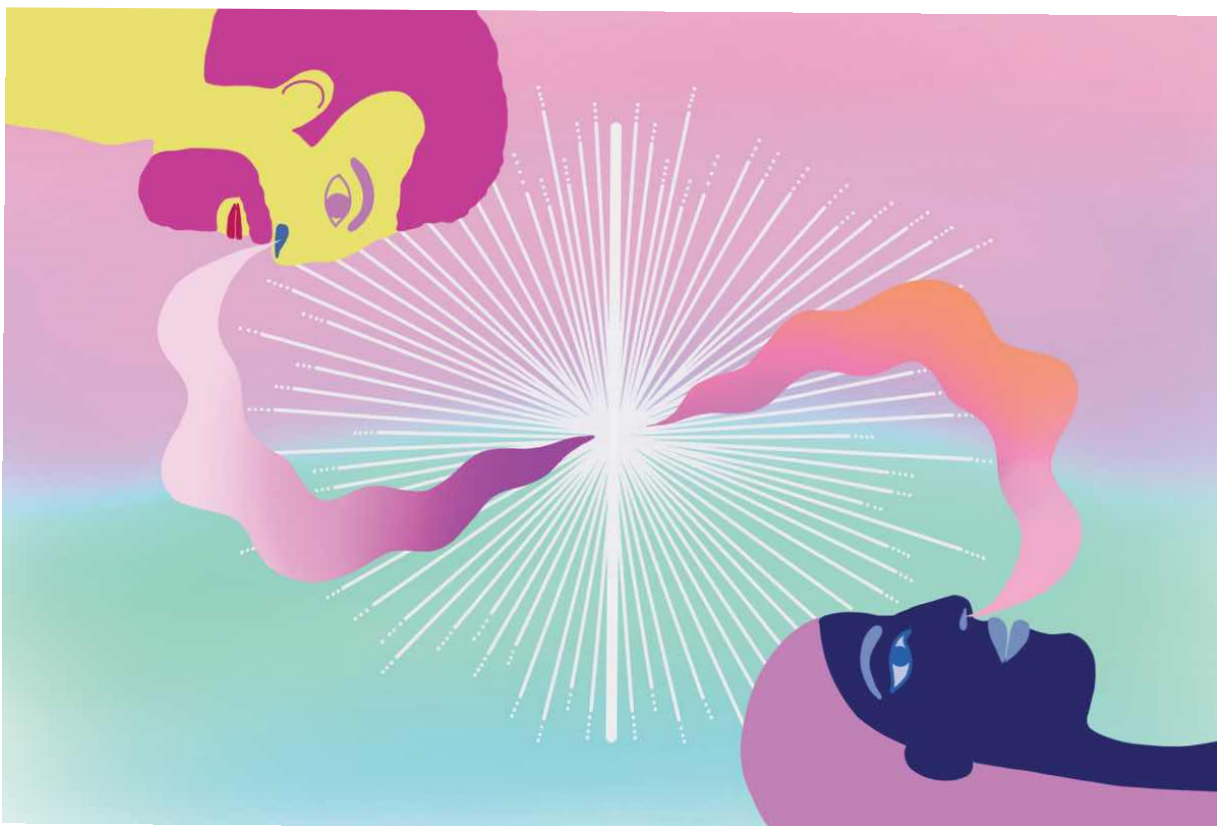
**WE ARE ALL IN
THIS TOGETHER.**



WE
ARE

LEAVES

OF ONE
TREE.



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When the world seems overwhelmed by the forces of disintegration, it can be hard to imagine creating something different. But neuroscience shows we can consciously direct our energy toward positive transformation and renewal.

Conscious breathwork is a tool to access the nervous system and our innate powers to be flexible, change course, and adapt. The breath opens space for the creativity, imagination, and hope that's needed to heal ourselves and our communities.

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You exist here now, alive in an era of rapid change,
breathing alongside billions of others within our
shared atmosphere.

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CHANT "OM,"

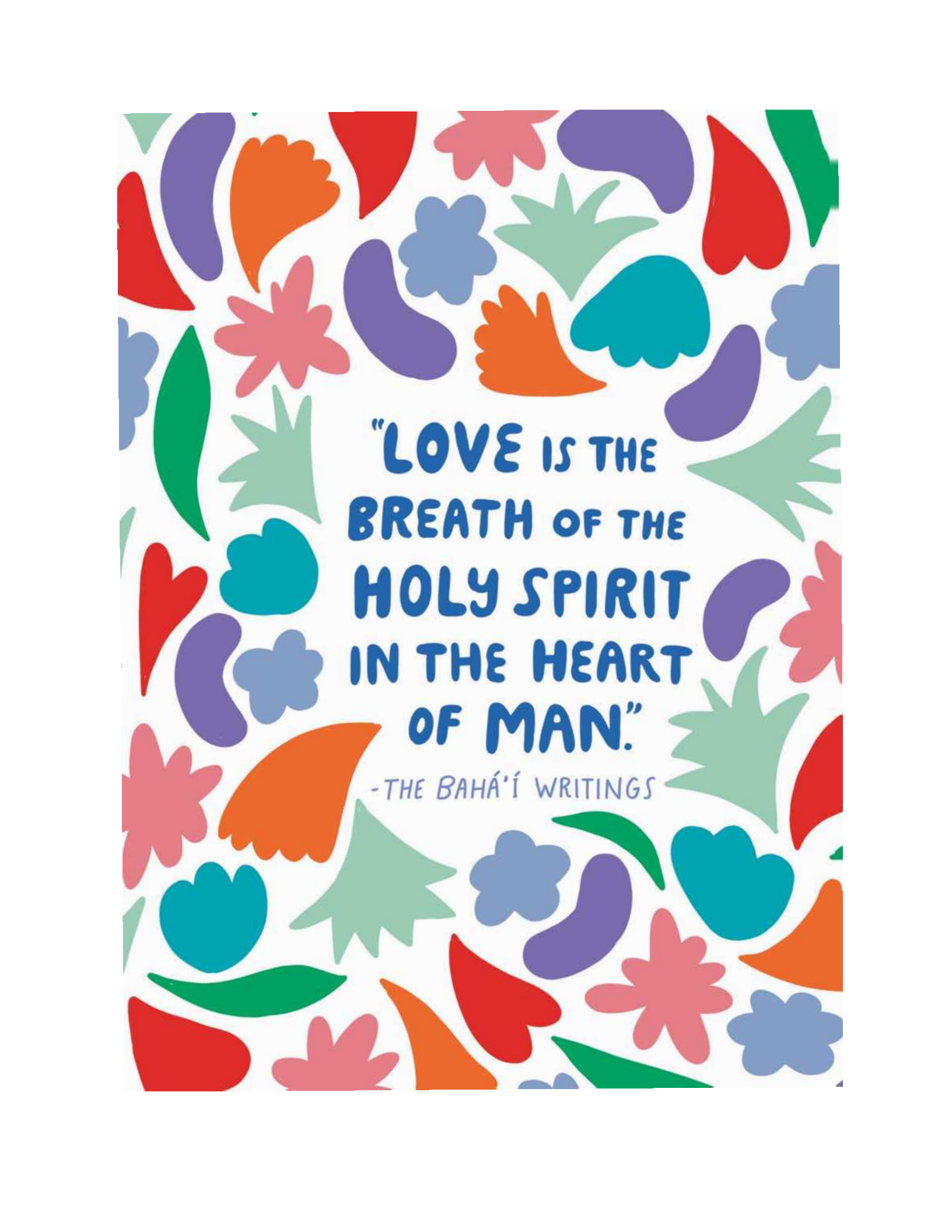
THE PRIMORDIAL SOUND
OF THE UNIVERSE,

AND INVOKE THE INHERENT ONENESS
OF ALL THINGS.

MAY HUMANITY'S MATERIAL
ADVANCEMENT BE BALANCED
BY A **SPIRITUAL AWAKENING**
THAT ALLOWS US TO
TRANSCEND THE LIMITING PREJUDICES
THAT DIVIDE US AS A HUMAN RACE.

MAY WE CONTINUE TO LEARN TO LIVE
BY THE PRINCIPLES OF
RECIPROCITY, JUSTICE, GENEROSITY,
and **UNITY.**

MAY WE BE GUIDED BY
THE **SOUL OF LIFE**
TO EXPERIENCE AND SHARE
the **LOVE**
WE WERE CREATED FOR.



**"LOVE IS THE
BREATH OF THE
HOLY SPIRIT
IN THE HEART
OF MAN."**

-THE BAHÁ'Í WRITINGS