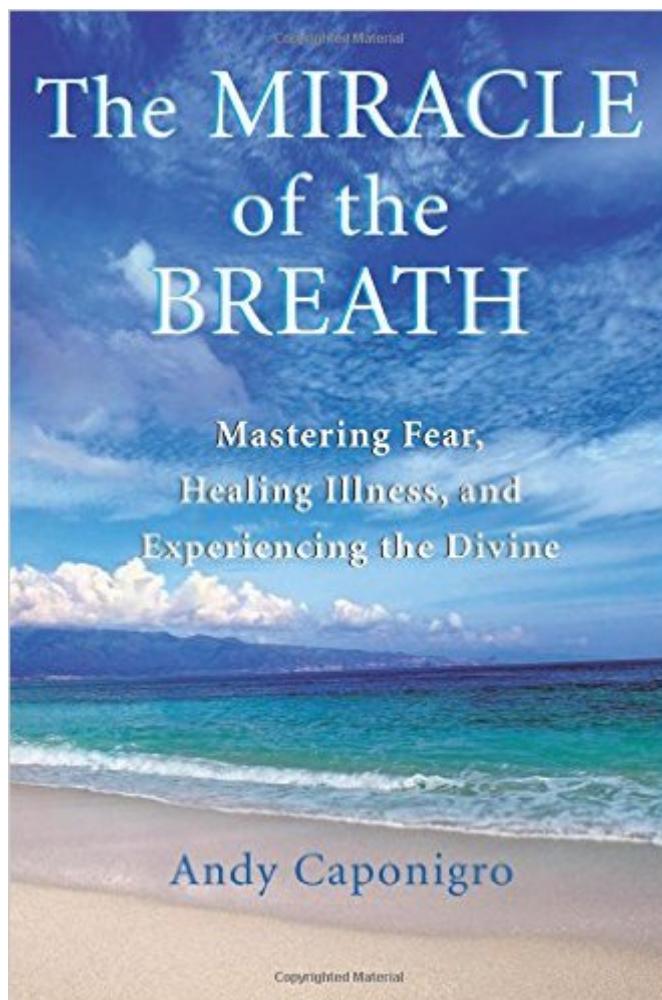


The book was found

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



Synopsis

Without breath, there is no life. The human body can live weeks without food, days without water, but only minutes without air, yet few health books take into account this important facet of good health. Yogis teach that human life begins with an inhale and ends with an exhale, and we all are born breathing instinctively. But later, breath becomes a controlling mechanism â “ we hold our breath when we are afraid or anxious; this becomes habitual and eventually we unlearn the natural pattern of breathing. Though every second of life is controlled and governed by our breath, few people today pay any attention to the way we breathe or the importance of breath in our lives. Sure, we all say â œtake a deep breathâ • or â œjust breathe,â • but do we consider the power of this true elixir of life? Andy Caponigro was a professional guitarist and taught guitar at Berklee School of Music in Boston. Working therapeutically with musicians, he discovered that stage fright and other traumas suffered by performers could be worked through with a few breathing exercises. This work grew until he eventually became a healer and seminar leader, teaching first singers and musicians and then others how to connect with their breath and use it to heal fear, emotional problems, and physical ailments. This book contains stories and case studies of people healed from asthma, arthritis, anxiety attacks, and other physical and emotional traumas through breathwork. According to Andy Caponigro and ancient sages, breath is more than just air in our lungs, however. It is also life force, what is called â œprana,â • â œchi,â • and â œthe holy spirit.â • THE MIRACLE OF THE BREATH explores this connection of breath not only to physical life but as our main conduit of divine energy, or our connection to God. Caponigro has studied the ancient masters of the breath in India, China, and Tibet and has learned their highly developed systems of breath control, healing and enlightenment. THE MIRACLE OF THE BREATH explains these concepts and offers exercises developed by the author in workshops and private consultations to deepen breath. There are also meditations and practice techniques to improve emotional, spiritual, and physical health.

Book Information

Paperback: 352 pages

Publisher: New World Library (January 20, 2005)

Language: English

ISBN-10: 1577314786

ISBN-13: 978-1577314783

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds ([View shipping rates and policies](#))

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #434,526 in Books (See Top 100 in Books) #99 in Books > Medical Books > Allied Health Professions > Respiratory Therapy #789 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #2290 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

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".

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. It 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.

I cant recommend this book enough! It's written in a clear and concise manner, in an easy to understand format, provides background information to explain each exercise, and covers all potential problems/pitfalls that you may experience. Its a wonderful resource, that I know I will continue to refer to in the future.

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 bought this book as part of the Personal Well Being program at Windemere Institute of Healing Arts. It certainly was valuable to be taught some of the techniques as a group, but the book makes things I've never understood about breathing meditation make sense at last. It is personally powerful for me because I have always had issues with breathing since I had asthma as a toddler. I'm sure this will be my meditation "bible" for years to come.

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.

[Download to continue reading...](#)

The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Mastering Adoption Law and Policy (Mastering Series) (Carolina Academic Press Mastering) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) The Miracle Morning for

Writers: How to Build a Writing Ritual That Increases Your Impact and Your Income (Before 8AM) (The Miracle Morning Book Series) Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Divine Transformation: The Divine Way to Self-clear Karma to Transform Your Health, Relationships, Finances, and More (Soul Power) Dante Alighieri: Divine Comedy, Divine Spirituality (The Crossroad Spiritual Legacy Series) The Divine Pymander: The Corpus Hermeticum (Classic Literature - The Divine Pymander) Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete Guidel to Symptoms, Illness and Surgery) Childhood Illness and the Allergy Connection: A Nutritional Approach to Overcoming and Preventing Childhood Illness Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness) Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships)

[Dmca](#)