

Shamanic Breathwork

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utilizing the healing power of breath to change consciousness explains how to enter altered states of consciousness increase paranormal abilities and resolve old traumas using breathwork introduces the five cycles of change that bring about major life shifts and how to work with them includes 70 minute audio download of chakra attuned rhythms to play during the journey incorporating psychospiritual tools with her shamanic breathwork practice linda star wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath either alone or together with music much like traveling to sacred places or ingesting entheogens this practice can be used to enter altered states of consciousness connect to cosmic consciousness increase paranormal abilities and awaken the shaman within breathwork can also be used to resolve old traumas and shapeshift unproductive modes of thinking in order to move beyond them utilizing the healing power of breath along with chakra attuned music linda star wolf explores the five cycles of change the alchemical map of shamanic consciousness and how these cycles affect you as you move through major shifts in your life filled with personal stories and case histories the book also includes 70 minute audio download of shamanic trance rhythms and a guided meditation to awaken the chakras during practice

conscious breathing presents contemporary breathwork methods in a comprehensive structured way for modern readers emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation author joy manne shows how breathwork can be applied to transpersonal existential past life chakra kundalini shamanic and other experiences using detailed examples case histories and exercises conscious breathing covers basic grounding and awareness advanced breath and body centered explorations and explorations of biblical and religious teachings

breathe until you re surprised world renowned shamanic breathwork founder and teacher linda star wolf carries on the lineage handed down by the master shamanic healers before her with a mission to help the world experience shamanic death and re birth healing and transformation the result living from your heart and experiencing the bigger love life has to offer in shamanic breathwork the nature

of change linda star wolf in partnership with her husband nikolaus wolf not only bring you their decades worth of teachings and experience they bring together 24 of the world's most passionate and skilled teachers of this work in a profound collaboration of stories and medicine shamanic breathwork will challenge you to step out of your comfort zone and do the healing at a deeper level which brings long lasting and life altering change get ready to be surprised if you dare grab your copy now

learn to journey is an introduction into the practice of shamanic journey here you will discover the three worlds meet your power animal your gatekeeper and learn breathing techniques to assist you on your way this 100 page ebook includes links to fully downloadable mp3's to guide you along the way part of the tapestry teaching series offering introductory books on various subjects from a contemporary and simple approach covering healing to shamanic practice each book takes you through the basic practice to start you on your path

this book simplifies the powerful breathing exercises of the sufi mystics for the contemporary reader it also proposes a comprehensive spiritual framework to give the readers the complete understanding about the logic and the mechanics working behind the breathing exercise and meditation gone spiritual is like a guide to your own spirituality an abridged user's manual for the spirit it will help you learn more about your inner self and tell you an extremely effective tested and proven breathing exercise to nourish and grow your spirit unlike other spirituality books gone spiritual is much more than a collection of beautiful sayings the main punch of the book lies in adopting the life changing breathing exercise that it introduces the exercise energizes your spirit and makes you perceive the reality like never before the sufi breathing exercise works regardless of your age religion gender or belief as long as you follow the prerequisite specified in the book as a result of the sufi breathing your perspective on life and attitude about different things change and your life is transformed into a happier and more positive one there are countless benefits that the spiritual exercises brings inner peace contentment happiness relaxation positive thinking better relationships patience and success are just some of them however it must be understood that the real aim of the exercise is to achieve eternal salvation and god's pleasure for which there are certain other conditions the logic of the book is compelling and motivates the reader to adopt the exercises and the exercises themselves are very easy and simple the spiritual concepts that gone spiritual brings forth are rarely found in other books in this book you will learn 1 the definition purpose and basics of true spirituality 2 the single most powerful breathing exercise for spiritual cleansing 3 the most potent meditation technique for spiritual growth 4 mobile breathing exercise 5 group breathing lesson 6 free further guidance by interacting with the author through his blog this book is not a work of fantasy or fiction but presents a verifiable reality the results of the breathing exercise are there to be experienced spiritual cleansing and growth are practical experiences rather than being just a set of pointless rituals or poetic expressions by reading this book and practicing the breathing lessons and exercises in it you can feed your spirit its actual diet and achieve spiritual cleansing awakening and growth the impact that spiritual cleansing and awakening has on your life and circumstances is miraculous the exercise is your first step into sufi mysticism you can progress further if you like and the author will be pleased to guide you further after you've practiced the sufi breathing for some time and want to go to the next level the author is an ex air force pilot and has been practicing sufi spirituality for over 23 years you can interact with him on gonespiritual.wordpress.com or facebook.com/gonespiritual or follow him on twitter gonespiritualupdate i'm very pleased and excited to see that some of the people who read the book are practicing the exercise regularly and getting positive results readers have contacted me through the facebook page and blog and they've also practiced guided sessions with me online they absolutely loved the experience i'm encouraged by the response and want more and more people to benefit from this knowledge by all means feel free to contact me through facebook or my blog i'll be happy to demonstrate the sufi breathing over zoom or whatsapp if you want wish you peace and happiness in this world and the next best ayesha august 20

this is a comprehensive overview of the development of breathwork in the modern world and a

detailed account of its uses and applications

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