

Change Your Breath - Change Your Life!

Could it be that the greatest medicine is right in front of our noses? Here is a very interesting fact that has been scientifically proven and yet suppressed from common knowledge because it would probably put many drug companies out of business if our society applied the knowledge. Most, if not all pathogenic viruses and bacteria that plague humankind today cannot live in a high oxygen environment. This fact has been scientifically proven by the German biochemist Dr. Otto Warburg, who was awarded the Nobel Prize for his research into the cause of cancer. Dr. Warburg concluded that cancer cells could only proliferate in the human body when the cells become oxygen deficient. It is only a matter of time that the whole world realizes that the cure for cancer was found by him long ago. There are various oxygen therapies, but the most natural and inexpensive way to get more oxygen in the body all the time is to become a better breather.

It is especially important that we become better breathers today because the oxygen in our air is dwindling due to the burning of fossil fuels, destruction of the earth's forests and oceans, and the growing population of 6 billion human beings (all of whom change oxygen into carbon dioxide). Scientists have shown that the average oxygen level on the earth today has declined from about 28 percent to about 19 percent. Scientists report that anything under 7% cannot support human life. Along with this drop of oxygen levels, anaerobic pathogens are on the rise. In the larger cities, oxygen levels are measured at a distressing 12% to 15%. This is a ripe situation for a deadly plague.

We can live more than 30 days without food, but we can't live longer than 10 minutes without oxygen. Yet most of us are so concerned about what we eat but never think twice about how we breathe. Oxygen is the life-giving element that kills disease organisms. If our body just had more oxygen we would not need antibiotics to fight disease. Unlike antibiotics, oxygen boosts the entire immune system as well as destroys pathogens. The greatest health crisis today is that most people are not getting enough oxygen to every cell of their bodies.

And, they eat too much sugar. According to Otto Warburg, the ripe condition for cancer happens when the sugar molecule replaces where oxygen should be. Many people are trying to get their energy from the wrong sources: Tobacco, sweets,

coffee, and black tea, all of which acidify the body. Progressive microbiologist such as Dr. Robert O. Young are discovering what the prophet Edgar Casey said long ago: "Pathogenic bacteria and viruses can not live in an **alkaline** environment." Disease microorganisms are everywhere around us and inside us but usually in a dormant state, which is not a problem. But if oxygen and pH levels drop they break dormancy and grow. Instead of worrying about killing pathogens, a more powerful form of prevention is raising one's own oxygen and pH levels.

For more about how to raise your pH level to alkaline– as it should be, ask about our book, **The pH Energy Connection** available for \$10 as an e-book and \$20 hard copy.

Through pH testing, we have discovered that deep breathing for at least 30 minutes dramatically raises the pH level as well as one's oxygen level.

Breathing is also about exchanging our essence with the world. When we are fully breathing, we are fully participating in our lives. We are fully giving and receiving energy. We are living from our hearts instead of from our heads. Our breath stokes the flame of our spirit into action. When we are fully breathing, our hearts open, and our work becomes our loving made tangible.

After surviving a traumatic birth and childhood, many of us developed an unnatural fear based breathing pattern. We habitually breathe in a way that keeps us in stress and lacking natural energy. As a result, we are more reactive in our relationships, tend to over-eat (especially sweets), crave unhealthy habits such as coffee and smoking, and are prone to illness due to chronic oxygen starvation and acidosis.

To become a better breather, check out our life changing **I AM Breath Repatterning** program. This program retrains your breathing to how animals breathe so that your consciousness is shifted from fear to empowerment. It is a and easy to follow step-by-step learning process. You will learn how the inhale and exhale have an opposite effect on your nervous and circulatory systems and thus how to improve your mental states and increase your physical strength and stamina.

Since how one breathes effects one's physical, emotional, mental, and spiritual health, changing one's breathing pattern is a form of core intervention that often heals many related issues simultaneously.

I Am Breath Repatterning is for those who desire nothing less than a total transformation of their life. There are so many benefits including remissions from various diseases. I healed my allergies, asthma, and colitis. But my favorite benefit today is the energy fullness that I feel.

I Am Breath Repatterning retrains you to breathe diaphragmatically so you can:

- Transform stress and anxiety to feeling more relaxed and empowered any time.
- Improve the performance of all your activities and sports.
- Think more clearly and enjoy peace of mind.
- Feel endless natural energy to get through long days without craving or overeating unhealthy substances.

I AM Breath Repatterning is also a form of spiritual practice that can:

- Clear out toxic memories and heal emotional pain so you will feel free of your past.
- Get you more fully into the present moment, your place of power and freedom.
- Open your heart to a spiritual experience and interaction with your Higher-Self.

How is the I AM Breath different than other forms of Circular Breathing?

Instead of just coming to a session or two for a temporary oxygen high, the goal of the **I Am breath** is to experience an exalted, peaceful, and empowered state all the time – that is best modeled by watching birds flying very long distances. We suspect they can go hundreds of miles without eating because they are excellent breathers. We have found that this exalted state can be enjoyed on a daily basis without overwhelming physical and/or emotional confrontations when the **I Am Breath** is correctly learned.

The first and most obvious difference of the **I AM Breath** is that it involves simple body movement that enhances the movement of the breath, oxygen, and prana (life force) through the body. The movements greatly helps the additional oxygen and prana to “clean house”, instead of getting locked in certain areas of the body creating unpleasant sensations, as is often the case with other circular breathing methods.

Many people who come experience the **I Am Breath** have a peak spiritual experience. We believe that natural peak experiences are generally healthy. Even if they don't last, they stay with us as peak memories that can draw upon to get us through life's "valleys."

However, the **I Am Breath** is not mainly intended to be practiced for a temporary high- only to come back down from. Instead, the attainable goal is to practice this way of breathing most, if not all the time.

A complete life transformation begins when our clients start practicing it every day in their walking stride. The **I Am Breath** can be incorporated into any sport to increase energy and performance while using less effort. For example, under the name **BreathPlay**, this diaphragmatic way of breathing has been the "secret weapon" of world class athletes such as John Howard, three time winner of the Iron Man Triathlon. The **I Am Breath** is also empowering on the job for overcoming emotional and mental stress. In less than 10 minutes, it begins to make one feel good, empowered, and peaceful - regardless of the challenge at hand.

I, Joa, have practiced several other breathwork methods and even though I give them credit for teaching deeper breathing, which the majority of us need to do, I still found most of these breathing methods to be variations of what I call the "**Breath of Fear**, a way of breathing that stirs up negative emotions unnecessarily. What is the Breath of Fear? When someone frightens us, we will quickly and actively breathe in, as though we are taking our last breath before being jerked underwater. There is a sort of panic to breathe-in followed by a lack of willingness to breathe-out.

Scientific studies indicate that the inhale and exhale have opposite effects on the nervous and circulatory systems. The inhale activates the sympathetic nervous system. The muscles tighten as we go into a more hyper state that prepares us for fight or flight. On the other hand, the exhale activates the para-sympathetic nervous system, creating a relaxation response. While in this more relaxed state, the blood vessels dilate allowing for greater blood flow.

The **I Am Breath** is exactly opposite to the Breath of Fear. Instead of an active inhale and passive exhale, our focus is on an active exhale followed by a passive inhale. As opposite and strange this may first sound, it is evident that the **I Am Breath** way of

breathing is really the most natural way of breathing- as the normal function of the diaphragm, the most important breathing muscle, on the exhale flexes itself to push the air out of our lungs and on the inhale relaxes to create a vacuum that draws more air into the lungs. On the other hand, by inhaling actively and exhaling passively (popular fear breathing) the function of the diaphragm is mostly disabled.

Another difference is that we lengthen the duration of the exhale increasing the amount of time we are in the cleansing phase of the breath and thus we feel an increasing relaxation even though we are still greatly increasing the exchange of oxygen and energy. Because **70 percent of all our body's toxins are meant to leave through the exhale alone**, lengthening our exhales insures that we are cleansing our blood stream of impurities. In other words, the **I AM Breath** is a detoxifying experience. The longer it is practiced, the more free one feels from that feeling of being weighed down by impurities.

The active slower exhale followed by a quick - relaxation inhale is what we see when we observe other mammals (like dogs) breathe while in a relaxed state.

Breathing in this opposite way than most of us have learned in our fear based society takes some reorientation. Yet, it is not at all hard to learn if one practices. Actually, we tend to naturally breathe in this diaphragmatic way when we are creatively expressive, especially when we talking, singing, or playing a wind instrument.

Once learned, people find this way of breathing calming, yet empowering. Negative emotions may still get worked out if they are present, but in a way that is completely manageable. We discover that it is an endless thrill to breathe in this way, which is why I practice it most days.

If you have yet to fully experience the **I Am Breath**, we encourage you to attend one of our enlivening introductory programs. After that, we invite you to experience the life transformation that happens when you change your breathing habit via our **I Am Breath Repatterning series**, which includes learning it in your walking stride and all your favorite sports. You will be raising the bar of your health and aliveness to a whole new level as your oxygen and pH levels will be maintained at higher levels, giving you more **relaxed energy 24/7**.

There is a consciousness shift that is hard to describe, but one way it appears is that as I feel this extra natural energy from having a high pH and oxygen levels, I feel as though I have extra time to do everything I need to do. On the other hand, when I lack energy from being acidic and lacking oxygen, I feel that I don't ever have enough time. Einstein explains this phenomenon with his equation $E=MC^2$ which proves that energy and time do have direct relationship.

Another correlation, is that when I am breathing fully and thus exchanging a greater amount of energy with the universe, I feel abundant, and thus naturally attract prosperous exchanges with others.

Finally, we left out the biggest difference of all, The focus of the **I Am Breath** is more than the technically of breathing. It is a magical exchange of energy with one's Higher Self. We call the Higher Self the **I Am**, the inner source of one's power, peace, love, abundance, and bliss. We notice an amazing amount of energy that comes in that goes beyond just oxygen. Something more is happening that can not be scientifically explained.

Participant Feedback:

"I am so thankful that I found your workshop. The I Am Breath was fantastic. I am going to do it morning and night now. Its such a huge energy boost for me." Karen Wilson, Project Management Consultant

"...Clear, down-to-earth, straightforward instruction, and a healer's true compassion and perception to guide us on a powerful journey into ourselves. My breath capacity increased naturally, even in areas that have been constricted for years, despite many yoga classes. I was left feeling radiant, connected and peaceful." Francesca Block, Fiction Writer

"A total breakthrough. I experienced tremendous self-power, energy and clarity. The breathing sequence with music is nothing short of a thrilling joyride. I left feeling expansive, loving and truthfully connected to my essence. I can't wait for the next one."

Michael Spielberg, Business Executive