



Dan Brulé: How to Breathe More Life into Your Body



Dan Brulé is one of the greatest breathwork masters of our time. He is a renowned pioneer in Breathwork and one of the originators of "Breath Therapy." He has drawn the best from every breathing style and school he has explored and has trained more than 150,000 people in over 65 countries. Among his clients are peak performers including the famous Life Coach Tony Robbins and free diving champion and High-Performance Coach Stig Severinsen. Dan Brulé, known as the "Bruce Lee of breathing", guides you into practice to fuse every cell of your body with life energy.

TOP EMBODIMENT TIP: Diaphragmatic breathing is medicine against anxiety and stress because it helps you be anchored in your body and to meet others in a space beyond right or wrong.

Potential: **One Simple Breath Can Be Enough To Come Fully Into Our Body And Get Ready For What Is.**

- With the breath, we can release anything that's blocking and limiting us.
- The breath is the entry point to a space of freedom, creativity and original genius.
- The more embodied, the more we feel the connection to everyone else and violence becomes impossible.

Purpose: **Breathwork Is About Expanding, Raising, Refining Our Consciousness.**

- We need to learn how to be with what is as it is and also how to relax and let go. We need to clear, open and expand our consciousness. So we can take in more of what is and who we really are.
- Consciousness is like water. If it is still, you can see through the water and you are able to see yourself reflected in it.
- When there are waves on the surface of the water, you can't trust the reflection. With the movement, currents and particles in the water, you also can't see through the water.

Body: **Use Conscious Breathing As A Way To Get Back Into Your Body.**

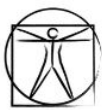
- When we breathe we wake up all the feelings that frightened us out of our body.
- You can recognize and learn to breathe into those feelings, relax into them and nurture yourself.
- Breathing delivers energy. If we're not open, the energy cannot penetrate us. We're going to miss the juice of life.

Breath: **Practice Any Breathing Technique That Makes You More Conscious And Relax While Doing so.**

- Diaphragmatic Breathing: You need to learn and master Diaphragmatic breathing. It is medicine against anxiety and stress, because it helps you be anchored in your body and able to meet others in a space beyond right or wrong.
- Transformation: Sending the breath into your heart and upper spaces of the lungs you trigger a Transformation.

Resources

- ❖ **Books:** [JUST BREATHE: Mastering Breathwork for Success in Life, Love, Business and Beyond](#) (now in 10 languages)
- ❖ **Courses:** [Breathwork Training and Certification Program](#) or [Breath Mastery Fundamentals Course](#)
- ❖ **Website:** www.breathmastery.com
- ❖ **Social:** Instagram: [@danbruleofficial](#), Facebook: [DanBruleBreathmastery](#), Twitter: [@danbrule](#)



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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