



Rabia Hayek: Mastering the Life Force. What Can Your Breathing Do, That You Have Been Attempting to Do With Your Mind?



Rabia Hayek is a Breathworker, speaker, teacher and peacemaker who follows his vision for one billion people to consciously breathe together synchronously. He offers you a deeper understanding of the breath and guides you into exploring different breath techniques for vibrant health and centeredness: a series of powerful anchoring, balancing, charging practices.

TOP EMBODIMENT TIP: Use your breath for creativity and meet the moment from the spirit aspect of your being.

Understanding: What we think about breathing very much dictates how we approach the practice.

- Part of the practice is how you attune and what you think about breathing before you head into practicing it.
- Breathing is not an air-element, with conscious breathing you turn on the 'radio station' consciousness.

Metaphor: Breathing is the Software upon your Hardware – you need to upgrade and reset it.

- You can't run an old operating system expecting evolution. You need to evolve the operating system breathing.
- Raising our breath intelligence means upgrading the Software for our Hardware.
- You can change your state by conscious breathing practices, e.g. heightened the power of your immune system.

Brainwaves: With breathwork you enter easily states of meditation, alpha and theta brainwaves.

- Instead of thinking a problem through while staying in a state of beta brainwaves, try and use your breath for creativity and meet the moment from the spirit aspect of your being – and then make a decision.

Embodiment: Breathing as soon as it is conscious brings body, mind and spirit moving into one direction.

- People were used to breathing with each other. "When the white missionary arrived in Hawaii and the Hawaiian people saw that they didn't breathe together when they were praying, they found it so odd that they gave them the name 'people without breath'."
- Invitation: Breathe in the World Breathing Room online at www.doasone.org live with people from all over the world supported through technology synchronously at six breaths per minute.

Resources

- ❖ **Courses:** [Stay tuned for Breathing School & Life Force Mastery Workshops](#)
- ❖ **Website:** Breathing Education Company: www.omnibreath.com
- ❖ **Website:** World Breathing Room: www.doasone.org
- ❖ **Social:** [@breathingthemusic](#) Facebook: www.facebook.com/rabia.haye



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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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