



The Power of Breath (Paperback)

By Devapath

Perfect Publishers Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In the principal spiritual traditions such as Yoga, Tantra, Tao or Zen, conscious breathing is the key for wellbeing and spiritual fulfilment - the key to enjoying life. Sadly, in our Western stress-dominated world, we have lost our breath and ourselves; we have lost our potential to be healthy, loving and joyful beings. This book is the result of Devapath having been a physician and a spiritual therapist for over thirty years. Devapath has a unique way to open our eyes so that we can experience the immensely rich world of breathing. He shows us how it influences all areas of our life and how it can help us to improve the quality of our love and life affairs. In ten chapters he guides us along an exciting journey, where we learn how deep breathing helps us to make friends with our body, to release stress and to keep us young. We learn how it improves our sex life and heals our relationships. We become aware of how it can relax our mind, balance our emotions and help us to open...

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