

Breath is Life

The ancient master healers have also found that restless ordinary consciousness is the cause of pain and suffering. It was noted that the secret to calm our consciousness was connected to breath mastery. To calm consciousness was to calm the breath.

Overtime when consciousness is calmed, stillness can be achieved.

Clear deep knowing of what we really are, can be attained upon continued cultivation. When this breath mastery is acquired and consciousness is calmed, health and longevity can be attained.

~Excerpt from COACHING The Art of Healing, Eve Chung