

ADVANCE PRAISE FOR
JUST BREATHE

“This is a timely and essential book for our challenged world. Dan Brulé is a true master and deeply inspiring. *Just Breathe* is free medicine that will not only bring you optimal health, but also expand your consciousness.”

—Mark Divine, retired Navy SEAL, founder/CEO of SEALfit and *New York Times* bestselling author of *The Way of the SEAL* and *Unbeatable Mind*

“Dan Brulé’s new book is a fascinating and practical guide to the overlooked importance of the breath for creativity, vitality, and healing.”

—BARNET BAIN, author of *The Book of Doing and Being* and producer of *What Dreams May Come*

“Excellent content and presentation. I will be very happy when more of my students and associates contribute as much as Dan has to the enlightenment and evolution of humanity through breathwork.”

—LEONARD ORR, founder of Rebirth International

“Dan Brulé weaves together breathing physiology, psychology, and spirituality in uniquely practical ways that most anyone can learn for improving health and performance. His writing style is crisp, clear, personal, easy to read, and even exciting. His book is a ‘must read’ not only for breathworkers, healthcare practitioners, and yoga-meditation fans, but also for virtually anyone who suspects that breathing might just be something important in their lives!”

—PETER M. LITCHFIELD, PhD, President of the Graduate School of Behavioral Health Sciences

“*Just Breathe* is a needed gift to humanity! It brings us back to the importance and value of conscious breathing, and the many ways it improves the quality and depth of our lives.”

—JUDITH KRAVITZ, founder and director,
Transformational Breath® Foundation and Global Trainings and
author of *Breathe Deep Laugh Loudly*

“*Just Breathe* will provide you with information about the revolutionary healing and growth that comes from conscious breathing which Dan Brulé has accumulated over his many years of teaching and practice. . . . Most important, *Just Breathe* will provide you with the inspiration to adapt these life affirming practices and have the confidence to come to inner peace and self-love if you just breathe.”

—JIM MORNINGSTAR, PhD, director of Transformations
Breathwork Training Program and author of *Breathing in Light and Love* and *The Complete Breath*

“I am a skeptic of nearly everything. I’ve trained with the Navy, helped an NFL player get on a team, raced Grand Prix motorcycles . . . all high stress environments. What works? Train. Eat. Sleep. That’s what works. But wait a second . . . enter Dan Brulé and his breathwork. To me *this* technology is the fourth pillar of achievement. It makes a huge difference in performance, and I am all in.”

—OREN KLAFF, founder of Intersection Capital and
author of *Pitch Anything*

“In *Just Breathe*, Dan Brulé really explains what it means to, as the book says, just breathe. It is a fundamental part of life to breathe, so why not do it correctly? And that is exactly what Dan teaches in this book, how to breathe in a way that lets you be the healthiest you can be, and live your life one amazing breath at a time.”

—DAVID RIKLAN, founder of SelfGrowth.com

“I love the way Dan gently enters breath mastery through awareness, relaxation, and breathing. His ‘Wake Up!’ ‘Let Go!’ and ‘Take Charge’ are the basics of what we all teach, but here in *Just Breathe* it is so clear and straightforward.”

—DR. DAVID O’HARE, MD, author of *Heart Coherence* 365

“This book, which embodies Dan’s life work, draws us in, inhales us into a fresh new state of awareness, of seeing how, even in the small moments of each day, we can transform our experiences with conscious breathing. Then it breathes us out into the world with freedom from habits and limitations, with wisdom from ancient traditions and modern science, and with the knowledge that it is quite possible to heal ourselves and others using the power of our breath.”

—PATRICIA GERBARG, MD, Assistant Clinical Professor of Psychiatry, New York Medical College and coauthor of *The Healing Power of the Breath*

“Most of us have never even considered the gift and value of the breath until something comes in the way of its flow. In *Just Breathe*, Dan succeeds in sharing a lifetime of experience and wisdom in a way that is accessible and practical, but at the same time wakes us up to the magic and mystery of the breath. He makes the simple act of breathing come alive through his passion and deep insight. He guides us to develop a conscious relationship with the breath to optimize every aspect of our lives. What a gift!”

—Ela Manga, MD, author of *My Energy Codes* and director of Woodlands Spa and Center for Conscious Living, South Africa

“*Just Breathe* is a guide to not only improving your physical, emotional, and psychological health, and your performance, but it is also a guide to raising your consciousness.”

—JEAN-LOUIS PORTALES, inventor of the 02Chair

JUST BREATHE

MASTERING BREATHWORK

DAN BRULÉ

FOREWORD BY

TONY ROBBINS

ENLIVEN BOOKS

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TO PAULINE PEARL, WITH LOVE AND GRATITUDE

CONTENTS

Foreword by Tony Robbins xi

Introduction: The Breath of Life xiii

1 THE POWER OF BREATH MASTERY 1

What Is Breathwork? 3

Breath Awareness: Being the Breath 7

Conscious Breathing: Doing the Breathing 9

The Three Convergences in Breathwork 12

2 BREATHING TO TRANSFORM YOUR BODY 17

How Breathwork Affects Your Body 27

Your Heart Rate and Longevity 31

The Iceman: Energy and Immune Boost 37

The Super Human: Breath Holding and PTSD 40

The Buteyko Method: Asthma, Allergies, and More 49

How to Detox with Breathwork 52

The Nose Knows! 54

Yawning Your Way to Better Health 55

Everyday Breathing 63

3 BREATHING TO TRANSFORM YOUR MIND 73

Letting Go of Life-Limiting Thoughts 76

Breathing Away Stress 81

Breathwork in the Warrior World 87

Boosting Your Creativity 103

Everyday Breathing 107

4 **BREATHING TO TRANSFORM YOUR SPIRIT 111**

Deepening Your Practice of Breath Awareness 116

Spiritual Breathing 118

Breathing with Ram Dass 129

Awaken Your Intuition 134

Spiritual Energy in Breathwork 136

The Dimension of Love 142

Everyday Breathing 146

5 **BREATHING SUCCESS IN LIFE, LOVE, BUSINESS, AND BEYOND 151**

Breathing to the Symphony of Life 155

The Key to Ultimate Transformation 158

Guiding Life Principles 159

6 **TWENTY-ONE-DAY BREATH MASTERY CHALLENGE 163**

Afterword 197

Acknowledgments 201

Additional Resources 203

Endnotes 205

FOREWORD

by Tony Robbins

I've dedicated my life to helping others achieve their peak potential and lead an extraordinary quality of life. And every so often when a teacher comes into my life and teaches me something that expands my own peak experience, I have to share it with others.

That's the case with Dan Brulé, breath master and global teacher of his program Breath Mastery. Dan can help you maximize your performance, reduce stress, boost longevity, optimize health, and ultimately transform your life. He's known as the "Bruce Lee of breathing," because he has drawn the best from every style and school he has explored, and because of his skill, mastery, and dedication to the art and science of breathwork. He's taught tens of thousands of people from around the world—including business leaders, Navy SEALs, athletes, health-care practitioners, and everyday people—looking to improve their health and performance. Dan knows the breathing techniques taught and practiced by ancient yogis and enlightened mystics, elite athletes and warriors, and cutting-edge neuroscientists. Most important, he knows which techniques are best proven to work.

Did you know that 70 percent of the toxins inside our bodies are removed through our lungs? Yet studies show that we're using less and less of our lung capacity. Think about it: When we're stressed

out, what do we do? Breathe deep or shallow? It's surprising just how much we hold our breath—think what that does to the body and mind! And what a waste of a natural resource!

Don't waste its power. Be conscious of it. By taking conscious control of your breathing, you harness your thoughts, energy, and body.

People always ask me: "What's the secret to achieving results? The secret to lasting change?" My answer is that you must train yourself to become a master. To become a master at anything takes consistency, commitment, and focus. That's what this book is offering you: the dynamic tools, techniques, and practices to teach, guide, and help you create lasting change in the quality of your life.

It takes 110 percent commitment to reach the level of Breath Mastery that Dan has obtained through decades of study, research, and practice. *Just Breathe* is his definitive handbook, testament, and revelation that once you pay attention to your breath and master its true power, you master your life and your outcomes. This book will show you how. It you want real change that lasts, then you owe it to yourself to start right now with this book in your hands, and master your breath.

—Tony Robbins, 2016

INTRODUCTION: THE BREATH OF LIFE

*I've got to keep breathing. It'll be my worst business
mistake if I don't.*

—STEVE MARTIN

This book introduces you to the field of *breathwork*, a new and revolutionary approach to self-improvement and self-healing. It shows you how to breathe your way to peak performance, optimum health, and ultimate potential. The exercises, techniques, meditations, and stories here are meant to enlighten and inspire you, and to give you access to the same extraordinary knowledge, skills, and higher states once achieved solely by the great masters, mystics, yogis, saints, gurus, elite athletes, and ancient warriors through years of training.

I've distilled my years of training into this foundational handbook, giving you the optimum tools you need to immediately experience the profound benefits of breathwork. I'll also fill you in on the latest scientific discoveries, the most recent breakthroughs, and the current best practices.

If you are new to breathwork, I can shorten your learning curve, save you lots of time and energy, and help you to create the best foundation for a powerful practice. If you are a seasoned practitioner or a professional breathworker, I can help you deepen and broaden your

practice and add to your knowledge and skills so you can take your life and your work to the next level.

The techniques I teach in this book are the same ones I have taught to more than a hundred thousand people—peak performers; life coaches; fitness trainers; psychotherapists; members of the military, active duty and retired; corporate executives; Olympic athletes; elite martial artists; holistic healers; and spiritual teachers and seekers—in more than fifty countries since I started on this path in 1970.

Here are a few testimonials from my clients and students:

Dan coached me through layer after layer of built-up resistance in my body, bringing about an overwhelming yet profoundly peaceful sense of presence of mind, body, and soul.

Enormous energy boost! I felt energy in every point in my body.

Magnificent! I felt such deep relaxation and bright energy . . . so much aliveness. The “circular breath” and “releasing breath” set me free!

It is amazing how much of a difference a few minutes of getting in touch with the breath makes throughout the day. The “sip-sip-sip-POOF” and “sigh” methods you presented for breaking through blockages is extremely helpful.

Awesome! I was able to get free from negative thoughts and emotions, and to heal the pain of old traumas.

I’ve had some experiences with Conscious Breathing and am blown away by its transformational effects.

Like my clients and students, you will feel how profoundly breathing can change your life and lead to real transformation. The way we breathe in response to pain and pleasure, to stress and change, can make all the difference in the world to our health and well-being, our performance at home and at work, and to our loved ones.

Breathing is the only system in the body that is both automatic and also under our control. That is not an accident of nature, not a coincidence—it's an invitation, an opportunity to take part in our own nature and evolution. There are details in the way you breathe that you probably have never observed or explored, and these details are like doorways that can lead to new and profound abilities. The fact is breathwork is a major skill set if you want to become a high-performing individual and enhance every aspect of your life.

The great masters in every walk of life know the importance of breathing; they use it to prepare and recover and to get through difficult moments and critical situations. Peak performers have a daily breathing practice—their own breathing rituals. It's one of the secrets that give them an edge, put them on top, and keep them in the zone or in a flow state. And this secret source is free! You have the most valuable natural resource right under your nose.

It is time for people in all walks of life to discover, explore, and develop the power and potential of breathwork. Because we all need energy, and we all deal with some form of stress and pressure, pain and fatigue. The conflict and chaos of today's fast-paced living can feel very challenging and even overwhelming. And a victory in the boardroom can be just as important as a victory on the battlefield or on the playing field. Grace, poise, focus, clarity, energy, and calmness are needed in everyday-life situations.

Breathwork promises these benefits and more; it promises to lead you to self-mastery and a transformed life.

What to Expect

Throughout this book, I will be teaching various breathing exercises, techniques, and meditations that I have studied, practiced, and tested, and know will improve and enhance every level of your being. I've organized the chapters under three main categories: body, mind, and spirit. If you need to focus on a particular issue or situation, you can go right to a targeted practice.

Each chapter has real-life stories from breathworkers who are passionate about this work, including parts of my own life. Breathe Now sections guide you through specific breathing techniques, and each chapter ends with a set of simple Everyday Breathing practices. Whether you're waiting in line at the market or stuck in traffic, whether you're feeling scattered, stressed, uninspired, or unmotivated, these quick yet effective "take a breather" moments will do wonders as you roll through your day.

As you practice and experience the breathing techniques in this book, you will quickly realize that a specific breathing exercise, for instance to alleviate physical tension, will inevitably also involve and benefit aspects of your mind and even your spirit. Keep in mind that ultimately breathwork is a life process, connecting and improving every part of you.

Last, I suggest that you start a personal breathing journal or diary. Make notes of what you learn. Write down your favorite techniques and what you are committed to practicing, and keep a record of your experiences and results. This is a great way to see what's working or not; and the journal will be especially helpful for the Twenty-One-Day Breath Mastery Challenge in chapter 6.

THE POWER OF BREATH MASTERY

*For breath is life, and if you breathe well you will live
long on earth.*

—SANSKRIT PROVERB

Let me tell you about my awakening to the breath. I was in the first grade at a Catholic school in New Bedford, Massachusetts. The pastor of our church made the first of his weekly visits to our classroom that Friday morning.

We all sat in awe of this very stern-looking old guy dressed in a long black robe with a bright red cape, holding a leather-bound Bible, its pages trimmed with gold leaf. We were all afraid. For all we knew, God could strike us dead if we didn't listen and behave. (Yes, I am a recovering "Cathaholic.")

Switching back and forth between French and English, he talked about heaven. That was nice. And he talked about hell—definitely not nice. He told us how if we were not very, very careful, and if we did not do exactly as we were told, we would all end up in that terrible place forever! Then he read from the book of Genesis and told us how: "God took the dust of the earth and formed the body of man;

and breathed into the nostrils of man the breath of life; and man became a living soul.”

To say that those words made an impression on me would be a huge understatement. I was smitten! I began to feel uncontrollable and unimaginable excitement at the thought that God was breathing into me. It was the most amazing thing I had ever heard, and I couldn’t understand why everyone else wasn’t excited about it like me.

I couldn’t sit still. I couldn’t shut up. I think I was in a state of rapture. I know I became too animated, and I guess I disrupted the class, because I remember the monsignor’s hands on my shoulders: he was forcing me to sit back down in my chair.

Either because of him or in spite of him, something in me was definitely awakened that day. I sensed there was something magical, mystical, something wonderful and beautiful about breathing, and no amount of guilt, fear, force, shame, or cajoling was going to change or erase it. This was the spark that lit a fire in me, and to this day, I remain utterly fascinated—more than ever in fact—with breath and breathing, and with the power and potential of breathwork.

From that moment of revelation, my personal path of breathwork took me on an incredible adventure from an X-ray technology program in Boston, and then into the US Navy during the Vietnam War era as an independent hospital corpsman, deep-sea diver, and emergency rescue specialist. I trained CPR and first-aid instructors, EMTs, and other emergency responders; developed the first stress and coping program for the American Red Cross; and designed a master’s program called “The Breath as a Tool for Health, Growth, and Change” at Lesley University in Cambridge.

Breathing training led me to study in India with yogi masters; to the Academy of Chinese Medicine in Beijing; and to the Russian Academy of Science in Moscow. I’ve learned methods of breathing

from Zen Buddhism, from Rebirthing with Leonard Orr, from Holotropic Breathwork with Stan Grof, and other sources.

Recently, breathwork led me to Silicon Valley, to the Nissan-Renault Group's Research Labs. This automaker developed a prototype of a car that integrates a breathing feature into the driver's and passenger's seats. A mechanism in the seat, taken from Innovzen's O2 Chair, moves in a way that promotes and supports full, relaxed breathing. It was an honor to present and fun to demonstrate the concept of "onboard breathing" to the CEO and his team. In the next few years as self-driving cars hit the highways, we'll have more free time to focus on other things, like energizing and relaxing ourselves on the way to and from work.

All of these experiences have been the deep well where I've drawn from many different schools and styles of breathing to create a unique and diverse program for breathing training. That's why my martial artist friends call me "the Bruce Lee of breathwork." I'm not saying I'm like Bruce Lee, but one trait we do have in common is the willingness to think outside the box and uncover every stone—to share the best from all of our teachers—and the dedication and dream to teach what we have learned to anyone ready and willing to do the work.

What /s Breathwork?

Breathwork is the use of Breath Awareness and Conscious Breathing for healing and growth, personal awakening, and transformation in spirit, mind, and body. All the breathing techniques you'll learn in this book have this definition at their core. Breathwork falls into the field of self-improvement and personal development. It is a self-help, self-healing method in alternative medicine. It is also a key

to spiritual purification and self-mastery. It is the most holistic and complementary approach to health care, and it is an essential part of any genuine spiritual development program.

Here is a partial list of settings and situations where breathwork is now being taught and applied, courtesy of Dr. Peter Litchfield (President of the Graduate School of Behavioral Health Services):

Alternative Health Care	Neurofeedback
Anger Management	Nursing
Athletic Coaching	Occupational Therapy
Attention Training	Orthodontics
Biofeedback	Pain Management
Bodywork	Peak Performance Training
Childbirth	Performing Arts
Chiropractic	Personal Coaching
Corporate Training	Physical Therapy
Counseling	Psychology
Dentistry	Public Speaking
Drug Abuse Prevention	Respiratory Therapy
Drug Rehabilitation	Self-regulation Learning
Education (all levels)	Skill Acquisition
Fitness Training	Social Work
Flight Training (aviation)	Speech Therapy
Martial Arts	Stress Management
Medicine	Test Taking
Meditation	Trauma and PTSD
Midwifery	Yoga
Military Training	Zen

More and more people are waking up to the incredible value of breathwork, and they are applying it in their everyday lives at work and at home. Coaches, health-care professionals, counselors, trainers, teachers, and therapists are using it to create breakthroughs for themselves and for those they serve. For spiritual seekers, it's a direct path to spiritual awakening, self-realization, and enlightenment. That's why breathwork is a major skill set that high-performing and successful individuals have mastered—it's the secret ingredient that puts them exactly where they want to be.

I teach breathwork as a formula for personal transformation in which three basic skills or elements are taught:

Awareness (the consciousness factor): The message is “wake up!”

Relaxation (the release factor): The message is “let go!”

Breathing (the energy factor): The message is “take charge!”

I have found that no matter what method is used, or what label is given to it, every miracle event; every healing experience; every positive shift, emotional release, or behavioral change—every bit of growth can be linked to one of these three elements. Real power and magic comes from blending them and simultaneously engaging in these three elements deliberately and consistently. In practice we increase, expand, and refine our awareness. We use the breath to relax more quickly and deeply, and in more situations. And we learn breath control that results in more energy and aliveness, comfort and pleasure, and personal power and resilience.

I also call what I do *breath therapy*, which is based on two key ideas:

1. The breathing system in most people is not functioning at an optimal level. We need to heal it. We need to improve

or restore our breathing capacity, to correct any dysfunctional habits or patterns that inhibit or interfere with the free expression our true nature and full potential.

2. Once our breathing is full and free, healthy and natural, once it is restored or raised to an optimal level, then it automatically becomes a therapeutic tool. The body and breath can be used to heal the mind, and the mind and breath can be used to heal the body. Breathwork can be used to heal attitudes, emotions, and behaviors.

There are five principles of breath therapy. These principles came about as I searched for the answer to this question: “Why do dramatic positive results—even miracles—happen as a result of breathing sessions, and not in other kinds of therapeutic sessions?” The answer to that lies in the application of these five principles:

1. The technique (there are many techniques, each with a certain purpose or effect).
2. The atmosphere in which one practices (physical/psychological/emotional/energetic).
3. The teacher (making use of the “power and purity of our personal presence”).
4. The mind of the breather (thoughts, beliefs, attitudes, intentions, desires, will).
5. The “something else” (a mystical or magical factor: luck, grace, timing, readiness).