

Mp3 Jj Semple - Diaphragmatic Deep Breathing

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Breathing is the most important exercise you'll ever do. That's why you'll love the progressive breathing exercises set to Universal World genre music that blends seamlessly with the spoken instructions. 3 MP3

Songs SPOKEN WORD: Instructional, SPOKEN WORD: With Music Show all album songs:

Diaphragmatic Deep Breathing Songs Details: I don't have a PhD; I never studied meditation with a well-known teacher. I learned to meditate on my own. It's the best way, the only way. Why? Because being on your own lets you develop the necessary tools to meditate successfully. I'm talking about the ability to self-monitor, to make the necessary adjustments. If you really think about it, success in anything comes from learning to rely on yourself. So, after many years of practicing Yoga and meditation on my own, I realized my self-reliance had provided me with the knowledge to create a method of my own. A method for self-learners like myself. It's called RESTORATIVE MEDITATION. I use it with students all over the world. Many of my students started to meditate, then quit. Some after many years. They told me they weren't sure what they're supposed to be doing, feeling, or listening for. So, for one reason or another, they just gave up. I was able to guide them through them through the entire process, no matter how stuck they felt they were. Working with me allowed them to learn the self-reliance, self-monitoring principles necessary for true success in any walk of life. When students tell me, I don't want something to believe in; give me something to DO, something concrete! I know just how they feel. They don't want riddles, word games, or kans; they want practical guidelines. I give them specific exercises. They learn what look and listen for as their practice moves forward. I don't charge for the method, in fact, I give it away through the GET LIFE RIGHT Foundation. Both my website (getliferight.com) and book, DIARY OF A CONNECTICUT YOGI: How Kundalini Tore Me Apart and Put Me Back Together, describe the method in easy-to-understand, non-technical language. The goal of RESTORATIVE MEDITATION is to activate the Life Force. The Life Force has many names: sublimation, Kundalini, Tantra, alchemy, Serpent power, primordial energy, cosmic power, Qi, Reiki, or primal spirit; it has many names, but all the names boil down to the practice of activating the dormant Life Force present in every human being. The key to RESTORATIVE MEDITATION is the "backward-flowing method," a hitherto much discussed, but little

understood technique for drawing the seminal fluid up the spinal cord. I mastered this technique while working with THE SECRET OF THE GOLDEN FLOWER. I reveal the secrets of the backward-flowing method in DIARY OF A CONNECTICUT YOGI: How Kundalini Tore Me Apart and Put Me Back Together. DIAPHRAGMATIC DEEP BREATHING presents the crucial first step of RESTORATIVE MEDITATION. The exercises are set to Universal World genre music that I composed and arranged. The music blends seamlessly with spoken instructions that teach you to use the diaphragm for every breath you take. My work is inspired by a variety of teachers, writers and practitioners, including Gopi Krishna, Milarepa, and Lao Tse. For detailed biographical information, read DIARY OF A CONNECTICUT YOGI: How Kundalini Tore Me Apart and Put Me Back Together, the first of many books dedicated to the meditation principles and practices involved in activating the Life Force and awakening the extraordinary healing powers of the human body. What's my book like? One reviewer stated that DIARY OF A CONNECTICUT YOGI: How Kundalini Tore Me Apart and Put Me Back Together was like reading the description of a Kundalini experience written by Henry Miller. He was expressing his feelings about readability. That while sharing the secrets to successfully activating the Life Force, DIARY OF A CONNECTICUT YOGI also appeals to readers on an anecdotal level. In other words, it's an easy, entertaining read! Searches:the backward flowing method mp3

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