



Twelve Principles of Conscious Breathing

By Jeremy Youst

- 1. Everything breathes: breathing is the inspiration of Life within all living forms of reality.** All matter is in a continual state of particle exchange. In humans, breathing is the biological basis and evolutionary expression that renews life, awakens awareness and regulates body-mind attention in time and space.
- 2. Conscious breathing is a choice that elicits conscious awareness in one's body.** Human respiration is either unconscious / autonomic or conscious / voluntary. Conscious breathing initiates a shift of awareness within the body's physical, energetic, and perceptual systems; and activates accessibility to the body-mind's subconscious processes.
- 3. Breath follows awareness, and awareness follows breath.** Divinely inspired, the movement of the human respiratory system acts like an awareness-energy pump in the body. During connected breathing, where you focus breath energy in the body, awareness will follow; where you focus awareness in the body, breath energy will follow.
- 4. Breath awareness happens now.** Conscious breathing promotes presence, or the experience of being fully present right now. With proper attention and direction, this capacity can tap into the energetic and spiritual wellspring that lies beneath all healing and body-mind integration.
- 5. Breath communicates.** The natural rhythm of inhalation and exhalation supports and sustains a balance of exchange within all the body's major systems, and a balance of communication between its inner and outer biological, social and dimensional aspects of life.
- 6. How your body breathes reflects how your body lives.** Natural breathing, or the current level of uninhibited breathing within a person's body, is a reflection of the current level of natural living or uninhibited response in a person's life.

7. **Your body doesn't lie.** How you are breathing right now reflects what you are thinking, feeling and sensing, consciously and unconsciously. Long-term restricted breathing patterns in the body are the result of painful suppressions from the past that get held as negative belief and energy patterns within the body-mind.
8. **Pain and disease are your body's way of telling you that something is out of balance.** Pain is a message; ignoring the message tends to further energetic suppression and imbalance within the body- mind. Learning to listen to the message through breath awareness leads to body-mind integration and balance. Suffering is simply the resistance to accept and attend to the messages of pain in the physical, emotional and/or mental bodies.
9. **Your body naturally knows how to heal itself.** Left alone, suppressions in the body-mind tend to reveal and intensify themselves as a part of the natural process of healing. Conscious connected breathing simply accelerates this process by drawing out the past of painful suppressions into the presence of breath awareness and integration.
10. **You can't think your way through a breath session.** Sustained connected breathing initiates an energetic state of body-mind activation, which causes a shift of consciousness that transcends normal time and space. The experience of activation is a dynamic process that cannot be fully comprehended or controlled by the cognitive mind.
11. **Conscious breathing leads to conscious living.** Over time, relaxed, conscious breathing creates a sense of inner peace and well-being that tends to prioritize one's values according to the soul's highest purpose for being. This prioritization of value supports those choices that can lead to conscious, authentic living and integrated life experience.
12. **Conscious, connected breathing is the foundational intimacy of a conscious, collaborative community.** "Sharing the air" with those in proximity to you automatically creates an intimacy of connection that transcends all perceived separations and divisions. Over time, consciously breathing in community nourishes the highest collaboration for the good of all.