



The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine

Andy Caponigro

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Without breath, there is no life. The human body can live weeks without food, days without water, but only minutes without air, yet few health books take into account this important facet of good health. Yogis teach that human life begins with an inhale and ends with an exhale, and we all are born breathing instinctively. But later, breath becomes a controlling mechanism – we hold our breath when we are afraid or anxious; this becomes habitual and eventually we unlearn the natural pattern of breathing. Though every second of life is controlled and governed by our breath, few people today pay any attention to the way we breathe or the importance of breath in our lives. Sure, we all say “take a deep breath” or “just breathe,” but do we consider the power of this true elixir of life? Andy Caponigro was a professional guitarist and taught guitar at Berklee School of Music in Boston. Working therapeutically with musicians, he discovered that stage fright and other traumas suffered by performers could be worked through with a few breathing exercises. This work grew until he eventually became a healer and seminar leader, teaching first singers and musicians and then others how to connect with their breath and use it to heal fear, emotional problems, and physical ailments. This book contains stories and case studies of people healed from asthma, arthritis, anxiety attacks, and other physical and emotional traumas through breathwork. According to Andy Caponigro and ancient sages, breath is more than just air in our lungs, however. It is also life force, what is called “prana,” “chi,” and “the holy spirit.” THE MIRACLE OF THE BREATH explores this connection of breath not only to physical life but as our main conduit of divine energy, or our connection to God. Caponigro has studied the ancient masters of the breath in India, China, and Tibet and has learned their highly developed systems of breath control, healing and enlightenment. THE MIRACLE OF THE BREATH explains these concepts and offers exercises developed by the author in workshops and private consultations to deepen breath. There are also meditations and practice techniques to improve emotional, spiritual, and physical health.

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