



Breathing: Expanding Your Power and Energy

Michael Sky

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Long used by meditators as a way to inner peace, health, and vitality, intentional breathing can also be used as a calming technique when encountering stress, pain, and fear. In *Breathing*, Michael Sky offers simple breathing exercises that are intended to be experienced as they are read. He discusses breath, the central organizing life force, as it relates to emotional responses, lifetime habits, sleep, childbirth, sexual communion, and higher consciousness.

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