

Some References on Deep Breathing:



Videos by Shiv:

Natural Instincts: <https://www.youtube.com/watch?v=wam9wWC8r6U>

Raising Human Consciousness:

<https://www.youtube.com/watch?v=d6xED4bXyvc&t=376s>

Taking Conscious Charge of Our Lives: <https://youtu.be/iDDk-V3ryQU>

Why Breathe Deeply: https://youtu.be/Yh_XCN0dKu0

Classic fm:

English National Opera singers share operatic breathing techniques to aid 'Long... - Classic FM

Scientific American:

Proper Breathing Brings Better Health:

<https://www.scientificamerican.com/article/proper-breathing-brings-better-health/>

Vision and Breathing May Be the Secrets to Surviving 2020

<https://www.scientificamerican.com/article/vision-and-breathing-may-be-the-secrets-to-surviving-2020/>

Harvard Health Publishing:

Relaxation Techniques: Breath Control helps quell stress response

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

Guardian:

How to take the perfect breath: why learning to breathe properly could change your life

<https://www.theguardian.com/lifeandstyle/2020/aug/26/how-to-take-the-perfect-breath-why-learning-to-breathe-properly-could-change-your-life>

Are breathing techniques good for your health?

https://www.theguardian.com/lifeandstyle/2020/jul/12/are-breathing-techniques-good-for-your-health?CMP=share_btn_link

Youtube:

Breathing Happiness: <https://youtu.be/Uvli7NBUfY4>

The science of cells that never get old: <https://youtu.be/2wseM6wWd74>

Wim Hof, The Iceman Cometh | HUMAN Limits: <https://youtu.be/q6XKcsm3dKs>

New York Times:

Want a Better Workout? Just Breathe: <https://nyti.ms/2E68LBf>

Breathe. Exhale. Repeat: The Benefits of Controlled Breathing: <https://nyti.ms/2ekot2Z>

She Dived More Than 300 Feet Under the Sea. Can She Go Deeper?

<https://www.nytimes.com/2020/11/26/sports/freediving-womens-world-record.html>

Wall Street Journal:

Breathing for Your Better Health: https://www.wsj.com/articles/breathing-for-your-better-health-1422311283?reflink=share_mobilewebshare

Others:

Can Pranayama (Yoga Breathing) Help You Live Longer?

<https://www.calmwithyoga.com/can-pranayama-yoga-breathing-help-you-live-longer/>

If Your Anxiety Makes It Hard to Breathe, Here's What a Therapist Says to Do

<http://a.msn.com/OE/en-ca/BB15pCww?ocid=scu2>

Breathing Miracles Into Being: The Linda Scotson Technique

<http://www.dailygood.org/story/2559/breathing-miracles-into-being-the-linda-scotson-technique-awakin-call-editors/>

Learning the Practice of Deep Breathing

The SHEN website dealing with deep breathing is <http://chw.spiritualeducation.org/>: SHEN Centre for Health and Wellness. There is a lot of information here on deep breathing, its theory and practice.

Practical information that you will find useful is at <http://chw.spiritualeducation.org/about/practice-intro>. When you visit this link, you will see a big list of menu items in the left side bar. It perhaps is a good idea to click on all of them below the menu item named the Practice all the way to Learn and Teach.

When you click on Learn and Teach, you are presented with videos for breathing at different rates. Try to find out what rate of deep breathing works for you; the lower the better. It depends on your comfort level. After you determine the breathing rate at which you are most comfortable, then it is a question of developing the practice at this level. There are videos meant for a practice of 2 minutes session going up to 20 minutes. Try to build your practice to 20 minutes per session. You are welcome to call me at 226 505 0362 if you need some clarification or have a question. Please do not hesitate to call or use the email.

Please use the references on deep breathing and its effectiveness in taking control of life.