

The Multiple Connections From a Single, Conscious Breath

Breathing is one bodily function we have a strange amount of control over and interaction with and I've come to find with also studying ancient teachings such as the Vedas (Pranayama), is that the breath is a bridge. With breath-work, we can learn to control other bodily functions such as heart rate and thought-processing. And then we learn to open doors to higher states of consciousness as focused breathing leads to calm connections to your silent center.