

The Power of Breath – Additional Resources

Introduction: Breath as a Portal to Presence

We often underestimate one of our most powerful tools: the breath. It works silently, continuously, and yet holds the key to shifting from tension to calm, from autopilot to awareness. The videos below explore breathwork in three compelling ways:

- **Wisdom distilled** — decades of practice boiled down into key principles
- **Foundational principles** — breathing not just as a mechanical act but a transformational tool
- **Guided practice** — hands-on breathing techniques with supportive soundscapes

Watch, reflect, and experiment. Use your breath as a bridge — from stress into steadiness, from doing into being.

[10 Years of Breathwork Advice in 11 Minutes](#)

This video offers a concise, high-impact distillation of lessons and insights gained over a decade of breathwork practice. The speaker shares top tips, common mistakes, and essential shifts to deepen your breath-based work. It's a fast track to awareness of how to approach breathwork sustainably.

[Once You Learn These Breathing Principles, Life Changes](#)

Here, the presenter introduces key breathing principles (such as rhythm, depth, awareness) and argues that once you internalise them, they become pillars for mental, emotional, and physical transformation. The posture is that breathing is not just a technique but a lifestyle shift.

[Guided Box Breathing with Theta-Waves To Wind-Down](#)

This is a soothing, guided box-breathing meditation (equal inhale-hold-exhale-hold) layered with theta-wave audio to help activate deeper relaxation. The aim is to wind down the nervous system, ease tension, and tune into calm awareness.